



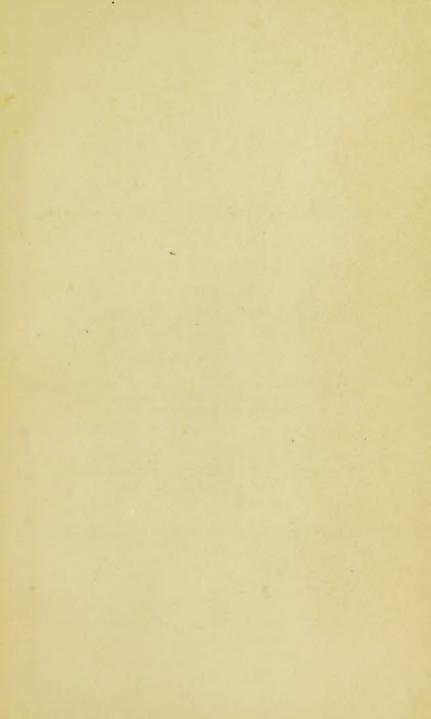
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ON

HEALTH,

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AIDS AND HINDRANCES:

CONTAINING

AN EXPOSITION

OF THE

CAUSES AND CURE OF DISEASE,

AND THE

LAWS OF LIFE.

AND NOTICING THE AFFECTIONS OF THE HEAD, THROAT, LUNGS, HEART,
LIVER, STOMACH, BOWELS, KIDNEYS, BLADDER, WOMB,
SKIN, BONES, JOINTS, MUSCLES, ETC.

BY SAMUEL SHELDON FITCH, A.M., M.D.,

AUTHOR OF "SIX LECTURES ON CONSUMPTION," AND FOUNDER OF A SYSTEM
OF PRACTICE BY WHICH PHTHISIS IS FOUND TO BE
OURABLE BY MEDICAL ART.

NEW YORK:

PUDNEY AND RUSSELL,

No. 79 JOHN-STREET.

1857.

[&]quot;The Most High has created the Medicines out of the earth, and he that is wise will not abhor them."—Ecclesiasticus, xxxviii. 4.

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RC311 857F

R. C. VALENTINE,
STEREOTYPER AND ELECTROTYPER,
81, 83, and 85 Centre-street,
New York.

PUDNEY & RUSSELL, PRINTERS, No. 79 JOHN-STREET.

PREFACE.

It is now nearly eleven years since the author published the first edition of his " Six Lectures on the Causes and Care of Commungflow," etc.; and in that time he has had very simple opportunity of practically testing the correctness of the views he there assumed. The position taken in that work that pedmosory consumption is revo-We by medical treatment, with the proof presented that the author had successfed in curing it, attracted very general attention, and brought. to his office in New York, for consultation and treatment, invalids from all portions of this country, and even from Europe and other parts of the world. His practice, buring had this wide range, and embracing, as it has, in its scope over seventy thousand putients, of all classes and ages, seel of both sexes, has enabled him to determine with great accuracy, how much is due to climate, to habits of life, to hereditary peculiarities, and to the various influences acting upon us, both in producing and preventing or arresting this disease. He has also been enabled to ascertain, by personal observation, how much and what efficacy there is in the various remolies and modes of practice-whether regular or irregular-which have at one time and another challenged public attention in the treatment of consemption. The result has been not only completely to demonstrate, as he believes, the truth of the doctrines heretofore unnumeral by him, but to impress still more farefully on his mind their great practical inportnace.

And now it is from a sense of duty, as well to those who are fall-

PROPAGE.

ing victims to this terrible accuracy, as to the medical profession and the community at large, that he has prepared this volume, in which are more fully unfolded his views of the causes and mature of philicis, and the system of remedial measures which may be made effectual in caring it; also the general results of his experience and observations as gathered from his practice.

In a practice this widely extended, the author his necessarily been called upon to treat a great variety of chronic disorders besides such as are peculiar to the large and throat—those complicated with and tending to consumption as well as those that are independent of palmonary affections; and is observing the very uniformly suctendal result of the treatment employed, he has seen it demonstrated that receip all the prevalent chronic diseases—such as Accort observe, fiver complaint, chronic distribute, countipation, also discours, hidney complaints, greened piles, rheumanism, formule complaints, one—are satirely amenable to medical remedies, correctly employed. A consideration of these maladies occupies considerable square in this Treatise.

From the favor with which his former book has been received, the author gives this volume to the public in the hope that he will at least have the credit of destring to be useful in doing so. He has tilly nimed to course what he regarded as important truths, in plain, untechnical, intelligible language; and if he shall be instrumental in contributing to allowate human suffering, to promote health, and prolong life, he will have secured his reward.

⁷¹⁸ Broading, See York, May, 1817.

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INTRODUCTION.

Title late evisbrated Dr. Ruser, of Philadelphia, was once asked whether he believed the Profession of Medicine had been, on the whole, a benefit to the world, "Do you," he inquired in reply, "intend to include in "the Profession," old more and sorreed. If so, then I amerier, yes; if not, doubtful." Says the French physician and author, Bicust, speaking of the "Science of Medicine," "An incoherent assemblage of incoherent opinions, it is, perhaps, of all the physiological sciences, that which host shows the caprice of the human mind. What do I say? It is not a setence for a methodical mind. It is a shapeless assemblage of inaccurate ideas, of observations often puerle, of decretive remedies, and of formula as fastastically consided as they are teliendy arranged." Said another French physician and professor, Massaxors, is a recent fecture to his class of students in the city of Paris; "Gentlemen, Medicine is a great humburg! I know it is called a science; science, indeed-it is nothing like science! Doctors are mere empiries, when they are not Charlatins. We are as ignorant as min our bir. Who knows any thing is the world about Medicine? * * * Who can tell me how to cure the headache? or the goat? or disease of the heart? Nobady, "Oh," you tell me, "dectors care people?" I grant you, people are cared; but how are they cared? Gentlemen, mature does a great deal; imagination does a good deal; doctors do, . . devilish Ettle ... when they don't do harm?"

These are certainly neither complimentary nor hopeful views of Medicine. It may, however, he presumed, I think, that the men who spoke thus bitterly, did not intend that we should understand their caustic language in a strictly literal mans. They have evidently

taken a little license with facts, in their arabition to give opigranematic point and sharpness to their periods—to say striking things. And yet they do plainly intend to declare a great want of figh in Medicine, both as a science and as an act. And when it is remembered that these men are the "lights" and "guides" of the medical profession, confessolly standing at its head, the unsophisticated, nonprofessional reader at least may, we confess, very well be excused if by is somewhat astonished at the gimpse "behind the somes" which they affeed him. And it should be added that Rush, Bichat, and Magendie are not the only physicians who have foliminated such terrible criticisms upon Medicine; they are but the representatives of a large class who, either county or to the unders, denorate while they practice it. Indeed, the medical infolding to which these men honestly give expression, percades to a most lamestable extent the whole profession. There are wide-spread skepticion, doubt, meertainly, and embarrasonest, with regard to the value of medical remolio and treatment in the cure of discuse, per alling extensively among physicians; and this skepticism is expidly speculing among the people. It cannot remain confined to the profession. The absence in the physician of heart-felt faith in needicine cannot long on cape the notice of the potient, whosever attempts may be made to disguise it. The resolutions of medical conventions, the abdresses of medical professors, the protestations issued through medical periodicale and books, or whatever other expedient may be resorted to, will do but little to sustain the waning confidence of the people in the henefits of Medicine, so long as those who administer it busitate and denist.

It becomes, therefore, a most important subject of inquiry, whother Biolat is right in declaring that "Medicine is not a science for a methodical mind;" whether Magerelic states the truth when he exclaims, "Medicine is a lumburg;" and whother Rush had good ground for doubting whether the Profession of Medicine had, on the whole, been of benefit to the world. If they have bernin really told us the truth, then it is still more important to imprire, whether this great finiture of Medicine, for a failure it is, has resulted from an inevitable necessity, or from the fault of its professors?

I do not propose to enter at length upon a discussion of these questions—this would require more quest than can be properly occupied here. But I will throw out a few suggestions, which may, perhaps, indicate to the despending practitioner of Medicine the road of investigation wherein he will discover an escape from his skepticism, and to the invalid a ground of confidence in the "Healing Art."

In doing so, it is proper to bring distinctly before our minds the great object of Medicine; and let me remark, that whether regarded as an art or as a science, it will not be denied by any one that to the physician, as each, this object is simply the presention and care of allows. Its aim is one of inmediate practical utility and usefulness. In the circle of seiences there are those—that of music, for example -which, like the conceners of our dross and the adominents of our dwellings, have for their purpose the gratification of our taste, or the polishing of our minds-they are among the audellinks eats of life. There are others which embrace in their design both omaniest and not contributing at once to our pleasures and our recondities. Astronomy, for instance, reveals to us the subline wonders of the beavers, and we may study it, either, on the one hand, to unfold our minds, give breadth and compass to our intellers, and kindle our adminstion and reverence for its Great Author; or, on the other, to enable in successfully to traverse the ocean with our ships, and map out the greguiphy of our giobs. Medicisa, however, has only a practical value. There are, it is true, embraced in the range of study necessary to equip the physician for his duties, many subjects which are worths of pursuit for themselves, or merely as mental accomplishments. In this view nantomy, physiology, botany, chemistry, and many other sciences, are of high interest. But it is not with this view that the polysieson musters thou; this is not the place they occupy in the comprehensive system of Molicius. Here their exclusive office is to subserve the practical end of preventing and caring the diseases to which our race is subject; aside from this, they have here no value.

Now, if we sum to the history of Medicine as it is recorded for us, and notice the position in which we find it at the present time, I apprehend we shall be struck with the fact that, instead of its true design, as above stated, having been always kept steadily in view by our profession, it has been too much regarded as a science—a department of study and falser—lawing a value in and of itself—a Egnity and importance of its own; not as a mero instrumentality to a practical end, and to be made at all those subscribingto to that end, but rather as itself an end. From the carliest periods, when the

Across of disease were excremed by jugglery and incamation in the temples of the Egyptian priesthood, down through all the schools and sects, the discoveries and improvements, the developments of science and the progress of learning, to our own day, we find the traces of an ambitious pretension in below of Medicine simply as a learned profession, laying claim to diquity and the homoge of the world, rather because of the intellect, the learning, and the science by which it has been illustrated, than because of the artual good accomplished by it. To be sure, each an ambition is not in terms assured. On the century, it is in terms frequently denied; and Medicine is even defined in our text-books as a science which has fee its object the prevention and care of disease. Still this ambition exists, tarking in our colleges and schools, and perceding to a great extent our make, To be continued of it, we have lost to sail to said any of the great meeters in our profession, whose names the world recognizes as illustrices. Upon what does their firme rest? Is it based upon the triumphs which they therassives are known to have achieved over disease 5. Here these men towered above their contemporaries hecame they have themselves been more successful in ouring discuss than all others? What, in thet, do we know of the private practice of very many of them? How often is even inquiry made as to what the result of this practice was, or whether they were thenselves sucecoful penetitioners or not? Is it not rather the fact that they have acquired their celebrity by some arrowal exhibition of intellectual or scholastic accomplishment-by proposaling a novel theory, by writing an crudes book, by delivering brilliant betters, by feending a near sect, or by some other remarkable achievement in the world of science or letters? It is true that there have been und are those who have become celebrated by their researches in annuary and investigations in physiology-by their intimate knowledge of the harron frame, its condition in health and its altered condition in discost; others, again, by making new and valuable discoveries, such as the circulation of the blood, and the prophylactic virtues of vaccination-who have this really been of great benefit to the world be directly promoting the prevention and care of disease. Still, few of even this class of men are known to us as themselves excelling in the art of healing; and how very small is the proportion of all our medical colabrition whose fame is founded upon their own personal success in the use of medical remedies! Is it not true, therefore,

that even in the awarding of honors among us, selecte, as such, has a higher place in the scale of most than skill and practical success? —that we place the more means and instrumentalities of Medicine before its great purpose and design?

Again, why is it that there is among as an jesions a ward-foliuse to guard what are called the Assor and alignity of our profession? Why is it felt to be a greater stain upon professional character to employ remedies which have been condensed, or cotholog, as "empiricult or "quackish," even though life is saved by them, than to kill a patient by the Mandering use of ma "orthodox" medicine? Why is it that we "cry havor, and let slip the dogs of war" bguinet every man who undertakes to oure the dek apon my other system. than that denominated the "regular practice," however skilful and successful be may be-while at the same time we throw the shield of our professional influence over all who stand within the pale of "regularity," however unskilled and unsuccessful? Why is the "irregular" practitioner, when accused of harming his patient, condenned without a bearing, and the "regular" physician, under like accusation, acquitted without a defence? Why are the errors of the so-called "empiric" binsoned and amguifed, while the errors, equally hurtful and discountable, of the "rationalist" are apologized for and correct up ?

No one can successfully deny that these inquiries point to incontrovertible facts; and, now, can these facts be explained upon the hypothesis of a controlling regard for luman health and 150? Is it true that the scale of "dignity" in medicion is really graduated with a single reference to skill in preventing and carring discuss—skill which has been demonstrated by actual success? Is the most honor awarded to that physician who entry the greatest number of his putiests and saves most lives, without regard to the school or sect to which he belongs or the system of treatment he employe? In a word, is the exhibition by the physician of practical skill and copability to ewe the sick the only artherion of morit and honorable position in our profession-congetent intellectual and moral qualities, of course, laing assumed? We all know that it a not. On the contrary, the man who presumes to present himself before the community as a practitioner of Medicine, whatever may be his qualifications or his skill, unless be confesses allegiance to the predominant, reigning whool of Medicine, and slapes his course by the rules issued

from it, he is at once by that school branded and persecuted, held up to public contempt, denounced as amountly of public confidence, and unfit for "homesthe" professional association. Until he "passes under its yoke," his claims or merits will not even be examined. However triumphant he may be in compacting disease, and however overwhelming may be the testimony presented that he is so, unless he has a to the authority of "sesence" as taught in this school, he is anothernatized. This is not all when he has successimistically taken his place in the ranks of the "regulars," he must never think of standing out of line with impanity. No deviation from the prescribed routine will be tolerated. If he tempers for a moment with forbidden remedies, or ventures upon a course of meatment not hill down in the chart of his school, he does so at the hazard of losing casts and position, and being "drammed out of comp."

It is not difficult to perceive in these facts a source of hindrance to the progress of medical improvement, and the efficiency of medical practice. The circumstances adverted to fatter and erange the energios of the practitioner. The physician who feels it to be his first date to upledd the "dignity of his profession," making the cave of discore in my degree subordinate, is necessarily embarrassed in his practice, and will inevitably meet with falure and disappointment. He cannot have that freedom in the choice and use of remedies so countial to success. His range of resources becomes circumscribed within the limits of certain arbitrary lines; and he dare not step over these lines, herozoe he can do it only at the sacrifice of his "peofessional standing." He may witness the repeated cure of discuss unmanageable is his hands; but if the remeilles and the system of treatment by which the cure have been effected are confermed by his "wheel," he must not adopt there no, not even investigate them. It certainly cannot be denied, I think, that if "professional reputation," "honor," and "dignity," were made to rest upon ac-tual skill, usefulness, and success in the treatment of disease, and not so much as they do upon an afference to arbitrarily established doctrines of "beginnacy," " orthodoxy," " regularity," ore, nor upon mere "selectifie" acquirements, Modiciae would be more progressive, more successful, and more needed physicisms would have more finds in its value, and the people more confidence in its efficiency. We should not then have to witness such mortifying confessions as those I have sproted from Birkat and Marcodic.

Another reason why Medicine has not yet been so far systems tized, and had imported to it such a degree of certainty as to entitle it to be truly called a science, and why there is both among physicians and potients a want of fifth in it, may, I apprehend, he freied in the fact that those leading men in our profession who have been engaged in the work of constructing it into a science, have, almost without exception, each for himself, adopted as true some favorite idea, placing it in the centre of his exstem or theory, and then coclading all other systems and theories as lawing no foundation whatever in troth. Let any one study, without surtion bins, the history of Modicine, and he cannot full to notice that for each of the various systems that have existed, or that pow raist, its founder and adherents have claimed that it embraces the whole trath, and that all others are entirely false; and he will at the same time, if he is an intelligent and secutioning student of this history, plainly discover that in each there is only a partial congrehension of the entire facts presented in the planement of disease and remedies-that in all, both error and truth are to be found.

A gluce at some of the prevailing theories will illustrate my meening. Take, for instance, those of the two rival sects, known as the Relicionists, or Doguments, and the Requires-sects that began to divide the medical world as long ugo as the time when the school of Alexandria, in Egypt, first rose into estimation, some three hundred years before the Christian era, and have continued to divide it until the present day. On the side of the Rationalists, it has been contended that the observed effects of remedies, or thempeatical agents, constitute no proper guide in their administration; in other words, that became a remedy is known to lime cured in one case, it is but Etale evidence that it will care in another apparently similar; but that we should learn the structure and functions of the body, the miture and cause of disease-both the contraled and essential cause as well as that which is obvious-the changes produced by what are denominated "morbific" agents, and the sacches operandi of remedies; mal then from the premies this established we should deduce our system of treatment, and make the application of our remedies, The Empiries, on the contrary, have held that the knowledge which the rationalist thus declares to be requisite is not to be attained; that it is impossible to acquire an insight into the essential nature or curses of disease; that all that can be done is to observe the cutured phenomena of disease, and by experiment ascertain the effect which our remedies have under observed symptoms; then, if found to be favorable, to give the same remedies when similar symptoms again present themselves. These dectrines have, it is true, been modified somewhat since they were started, but still they have retained sufficient of their original character to trace a broad line of distinction between restauration and cooperations to this day.

Now it would seem that to sensible physician could fail to see that
the truth lies between these extremes; and that both are partly true
and partly false. It is corrainly true that all our knowledge of the
liminan frame, its structure, and condition both in disease and in
health, as well as of the action and effects of remedies, must be derived from actual observation, and not five a my species of remedies,
and that it is essential to observe all the external symptoms of discase, and have reference to them in the calcibition of remedies. But
it is equally true that the facts which we are stabled thus to learn
from observation, are susceptible of being reduced to a methodical
system; and that very important general conclusions may be drawn
from these to guide as in practice. Thus we reach what has been
well termed a "internal constraint," in which is the truth.

Amin, take the two theories known under the names Firedino and Solidion on the one side, and Honoroffine on the other. These also had an early origin, the former chiming Pythagoras and the latter Hippocentes for its author, and now, after the lapse of over twothousand years, are dividing the profession into rival nots, who are to actively discussing their relative merits as though they were just started. In these sects we notice the same tendency I am pointing out, of considering facts too exclusively under one aspect, and bonding all observed phenomena to one favorite idea. Those who adhere. to the cital theory, tell as that the orderly and harmonious discharge of the functions of the organic being is dependent upon the normal or natural condition of what is termed the situl principle, and that whenever this principle is disturbed or impaired, there is disorder and confinion; therefore, that off discuss is a result of some modifiention of vitality-that the only way in which disease can be cured is by restering the altered similty to its natural condition, --medisince noting eyon this vitality, and only upon it, when they art at all. They direct us, therefore, to look for the cases of disease in the libring principle, not in the material, visible being. They teach in also that all "morbific" agents, as they are termed—that is, all primary causes of discuss—act only upon the colors of the system through the vital principle. The Association, on the contrary, insist that the cause of discuss resides in all cases in the fluids of the system, and that the altered condition of both the colors and the ribif principle is related to discuss as its effect, not its cause.

To illustrate-bore is a person who has the small-pox; says the vinded, the "morbide" agent in this case, the specific cirus or poisses which has generated the disease, has acted primarily on the mitality of the system, deranging its sedeely manifestations, and the consuquent disorder has fallen directly upon the colide of the body, of which the various reguns are composed, thus impairing their finetions; they that, as a communate of impaired function in these organs, the Moids are deteriorated, and the phenomena of small-pox presented. On the other hand, the humoralist says the specific poison has been infined at once into the blood, and changed its nonmil condition; the blood is infected and poisoned, and being so prisonal, it becomes the medium of effecting a merbid change in the solids, and thus injuriously impressing the vital force. What is than declared on the one side and the other to be true of small nox. it is imisted, is the true explanation of all disease. And in conformity with these diverse theories, the vitalists, on the one hand, address their remedies in all cases to the modification of the vital principle, and the humoralists, on the other, to the modification of the blood:

Can an importial investigator doubt that these theories are both partly true and partly orrossors? Can any refinement of reasoning contines a candid mind, when the virue of small-pox is seen to be just late the blood by innoculation, and entaneous cruption, postabilish and discase follow, that the blood is incapable of direct infection, and that the phenomens we witness are not the effect of this infection? A man drinks largely of alcohol; we then open a vein, and find this agent there, mingled with the blood, so copiously, it may be, that we can small it, taste it, and set it on fire. Can we doubt that the blood is paramos?—that the "morbide" cause has here exerted its destructive influence primarily on the "polarism of life," and that as the hot and poisoned current rolls through the claimeds of circulation and is poured over the living thoses it becomes a source of the disease—the dendering of the sensibility, the publying of the muscles, the imbe-

city of the mind, and the depression of the vitality-which takes place? But there is just us little doubt that it is possible that the mital principle may be affected directly, and that then its disturbence may become a source of disease. There is certainly one class of emperwhich act thus. I refer to mental affections. An exercise of the mind will wind the red blood to the check, or drive it back to the heart, leaving the face blanched and pole. So it will stop digestion, stimulate the salivary glands, elernic the palse, throat the boart intocisient parations, wriskle the skin, turn the hair gray, respend the circulation, and even terminate life. Here, disturbance of the vitality exidently is the cause, not the effect, of the photogeous witnessed. It is possible, therefore, the disease to be engendered by the action of the vital principle on the maternal system, and for that principle to be reached in other ways than through fluids and solids. I confess, however, that it is difficult to conceive how any material "mortifie" agent can affort this vitality, except through its distrate ing action upon the numerial system; or how any general effect can he produced upon this material systems except through the fluids. But whother there are material agents that can or cannot act thus, is not important. It is evident that discuse may originate from causes acting on either the fluids, the solids, or the vital principle; and that if the physician adopts are of the theories adverted to, believing it to embrace the whole truth, and rejects all others, he will have only a partial view of the subject, and be led into conformating errors, both of philosophy and practice,

I wight refer to many other theories and systems, in which the same features are apparent. The hydropathist has his theory, upon which water is the only proper remedial zgent for all discuses; the "hotmical physician" finds virtue only in regetable medicines, and rejects absolutely all minerals, under whatever circumstances. One bleeds for every silment; mether never bleeds. One rejects all medicines but cuthorties; another as rigidly rejects all enthantics. One curve all discuses by circurcity; mother holds electricity to be worth-less in any case. And so on to the end of the chapter. But without noticing more participally these various medical eccentricities, which I have noticed at all only to illustrate the preclamity to which I have adverted, it must, I think, be clear, that this disposition to make a holdy of some favorite theory, and discard all others, stands very much in the way of execting Medicine into such a science as will

challenge the confidence of both physicians and their patients, and justify that confidence by a greater certainty of success.

I shall not, of course, he understood at decrying the importance of true science, and the value of correct theories in Medicine. No man can be a safe and reliable physicism, who has not an accurate knowledge of the human frame, in all its parts and all its functions, of all the phonomena of health and disease, no well as of the maure and notion of remoties. The wider his range of information, and the larger his acquaintance with the whole circle of sciences, the better, So also the physician should be well established in "sound doctring?" He must not be a more empirie; indeed he cannot be. It is impossible designedly to treat discuse at all without a Moory. No physician administers even a dose of castor-oil without having his theory of its action and of the disease he is prescribing for, upon which he determines that this remedy is the proper one. We must have our theories, and in framing them recorn is called into requisition, to analysis, arrange, classify, and generalize our facts, and deshree our conclusions. The physician must in this respect be a regionalist. Indeed, Molleine presents a field in which there is scope for the amplest scholarship, the most sensitizing observation, and the highest efforts of reason. The physician cannot know too much; and the ignerant protentier, whether shielded by a diploma and having the pensige of "regularity" or not, who raddy tungers with life and health in the use of medical remedies, cannot be too severely condonned or too carefully shemed. But what we may and should downed is, that the true design of Medicine shall be kept constantly in view, and that all science still scholarship, all facts and theories, shall be subordinated to this design; that they shall not be made the basis of a claim by the physicion to lamor and position, only so far as they are made subservient to the presention and one of disasse,

I may be permitted to advert to one other bindrance to the progress of the "Art of Healing" and source of failure to the physician—it is the featuring of an automobiolic spirit. There are few of us who are not willing to learn, if information comes to us from the right quarter. But there are many, very many, who turn promits away from all sources of information that have not the sanction of some great name. They seem to be taught by the humble and observe. They seem to feel it to be a disgrace to confess that any but the learned can teach them. Such physicians may witness cores that are

really remarkable triumphs of Melicine, and that are entirely impossible to them; but if accomplished by the agency of some person who has not a general medical education, and has not secured a Aighposition, they pass by such cares with concempenous indifference, calibit no doirs to burn by what means they have been effected, or perhaps dear utnerly the most thoroughly authenticated facts. For example, a patient of one of this shas has a cancer, and applies to him for relief. He recommends that it be let entirely alone, to take its own course, and that the sufferer submit periously to his fast, confosing that he can do nothing for it but to cut it out, and can do this only as a temporary check to the progress of the dreaded disease which he is sure must somer or later destroy life. The patient lets it alone as advised, until the dissolving times began their purelent discharge, and the possenous large of the discase are nown to be enting their way to a vital part. Just now there appears before him a man who tells him he can "cure enacer," He is, perhaps, a plain, unlettered person, making no pretension to medical skill, claiming no professional attninuents or position. He cannot cure a forer nor set a broken log, but he can sweet o covers. The physician code his lip, and, denomicing "quarkery," refines even to see him. But me a fortern hope, the poor patient permits him to apply his remedies and make a trial. Suppose he seconds, the tumor heirg removed, the wound heafed, and the patient restored to health, Now here is a plain, positive curs of a disease which the physician had prenounced incurable, and for which he knew no remody. He may be infinitely the superior of the "quack" in every other respect, and equilde of teaching him his alphabet in all other subjects; in the matter of carrier owner, however, the "quark" has most important information, which the physician has not. What does common sense dictate that the physicism should do? Obviously, that he should sork out this "concer doctor," and hurn, if possible, what is the agency by which he compares this discuse. Then, buring issumed from him all Lo knows of the matter, apply to the subject the powers of his own better informed and more disciplined mind, and pince concer caving on a "scientific" basis. If, instead of this, he turns away in contempt of the "agnorant precender," perhaps stoutly deapby the fact of ours altogether, does he rot do himself and the couse of Medicine a real injury? Would be treat thus the assessment that emeer had been exced, if issuing from some high place is the

profession? But is not a fact a fact, irrespective of the place where we find it? There are valuable truths that have nover yet been printed in broke nor untered from the professor's chain. It is the part of wisdom to gather them up, appropriate them, systematize them, and the them; not to reject them, however hundle the source whence they spring. I have put a strong case, but the point it illustrates is the clearer because it is so. The principle has a wide range; and I think I am not incorrect in saying, that the cases of Medicine loss much from pride and an unterchable uplot among physicians.

The reader will not, of course, understand me as communicing "quackery" and "ignorant pertuniter" in Medicine. On the contrary, I am advocating the resone of Medicine from such hands. But this carnot be done by preaching against and denouncing them. We can do it only by curing the diseases of the people, and thus convineing our patients that they are safest in our lands. If "quarks" cure where we fail, the sick will go to them, and we cannot prevent it; and, let me ask, why should we, if they are more mercesful than we? In truth, we have no right to complain for susafers that the sick abandon us and resort to chorbitans. We have always the feat olonis. No patient leaves his physician and goes outside of the "regular practice" for help, until his physician has tried and failed to care him, or union that physician's failure has been witnessed in some other similar case. The well never dismiss their doctor withcert reductance and regret. No class have a stronger held upon the confidence and regard of these for whom they labor, then skilled and successful physicians. "Quacks" there upon our failures-when they thrive in all. The way to put them down is to cure our pathrees; and this is the only way. But if we would do so more cortainly and uniformly than "irregular" practitioners, we must not permit conselves to be ignorant of any tree counties remedies of which they are in presention.

It is clearly the duty, as it is the true policy of the physician, to andidly investigate, as far as he can, all systems, thereies, and remelites, while he should not permit himself to be the slave of any. He doubl'thoroughly acquaint himself with every branch of science releast to medicine and surgery, and with all medicinal agencies and "I mades of treatment that are proposed, in all quarters, for the cure of finance. Then, with a hold independence, he should fearbooky maps and employ whatever his collaborated judgment determines in most certain to cure his patients, and preserve them in health; and do this, whenever school as sect, or man, or body of men, may condemn or approve the course he possess. If this were universally done, we should find loss skepticion arong physicians, and more

confidence among the people.

And here I may be possitted to add, what the reader will, most probably, have inferred, that I am not myself embarrassed by my of the missist to which I have referred. I am no skeptic; on the contrary. I might more justle be charged with being an enthusing in Medicine. I have corrainly the most unbounded confidence in the curative power of medicinal consults over the discuss which afflet on tree. So, also, I are positive that the phonomena of arined life, of health, and of disease, with the principles which should guide us in the employment of hygienic and remodial agencies, may be systemutined and comprehended in a scientific book, so as to reduce the practice of Medicine to very much of the certainty which belongs to what are known as the erect assence. This is not to say that all disease can, is all conditions, he serrol. The human frame may, of course, by brought under the infloruce of destructive approxes, which must necessarily prove fittal to life, and against which no lanman art or skill one avail. But it is to our that most of the discusses. onlinerily considered incurable, are not so. There are few of our maladies for which there are not remedies; and we may obtain such a knowledge of these remedies, as well as of the causes of disease, and the number in which they act, as will give certainty, precision, and success to our practice.

In the perpentition of this volume, I have been guided by the principles which lie at the basis of the system of practice pursued by me, and which are indicated in the preceding pages. Acknowledging allegiance to no special school of Medicine, and permitting myself to be fettered by an arbitrary discress of self-constituted professional centers, I have nined in my practice to one the sick by the most direct means within my power, not stopping to imprice whether the remedies employed very sanctioned or condemnal by "medical anthorities." The result of observations thus conducted, and of experience this acquired, I have underword faithfully to record. I have not, of course, disregarded the labour of those who have preceded me. To avoid becoming instances, it is not necessary that we be ignorant of those held up as models. Availing myself of all possible

help, whether found is science, in the recorded experience and theories of others, or in the daily events of life, I have undercored to deduce from all the simple truth, and to reach, by the most direct road, the great object of Medicine—the sure of disease and the preservation of health.

It will be observed that in this work I have given special prominence to the Amys—the diseases to which they are liable, and the treatment and concilies by which these discuses may be both avoided, and cured. This I have done for several reasons, among which I may mention:

- (i.) The great isomolity resulting from the various prevailing affections of the hoops.—Pulmonary consumption, as everybody knows, is the measure mainly of Christendom. While it is more prevalent and fitted in some elimates than others, it confines its ravages to some. It is circumscribed within no geographical limits, and no class or race escapes it. It severes to the grave at least one-sixth of all who die. A disease so wide-spread and so destructive of life, may very well claim a prominent position in a "Treatise upon Health, its Aids and Hindraness." Then, when we add to consumption the other affections to which the respiratory organs are ordject, asthwa, beenchitis, inflammation, congestion, errorp, etc., we see that they must have the first place in such a treatise.
- (2.) The great importance of the hugy in the company of aximal 10%.-We all know that if our breath is stopped, even for a few secands, we die; and yet few are aware boy absolutely indispensible to robint, vigorous health it is that we have large, sound lange. We have been taught that the office of these organs is to partie the blood and supply heat to the endem; remove carbenic acid from it, and convey to it the covere of the air. But it has been generally everlooked that the most important office of the lungs is to supply, by moons of the air inhalod, the fovor which keeps the machinery of our holles in motion. This is why we die so soon when breathing is suspended. It is not simply because the curbon of the blood is not removed, nor because the heat of the system is absted; but for the reason that the expely of force, momentarily essential to every movement and function of the body, is withdrawn. Small, imporfeet large, and the consequent use of an inadequate amount of sir, are liable to induce consumption. But this is not the only cyll to be apprehended; though consumption is escaped, there is sure to

be feebleness and disease of some kind. It is absolutely impossible to have vigor and strength and robust health, with small or im-

paired lungs.

(5.) The great liability there is that the large will take on disconfrom disorders of the other orymn.—There is senteely an absention from health occurring anywhere in the system that may not by the foundation of discuss in the lungs. Consemption is not an effection springing from one, and only one, specific cases. It may be said to be the great centre to which all other discuss tend. It may result as the sequele or consequence of almost any other discuss to which the human frame is subject. The lungs are in relation at once with all the internal mechanism of the body and the external world, constituting the great theatre of "exchange" between the two, and liable therefore to hurtful influences from both. In this tier also, then, they demand the first consideration in a treatise upon health.

(a.) The precailing belief that polaronary communities is increable.—Now, inserned as I know this to be a false dectrine, and bring so, is most disastrous in its influence upon all efforts that are made to introduce a correct system of treatment for consumption and to establish public confidence in such a treatment, I have doesned it proper to denote completable space to as exposition of the current and nature of phthicis, and the remodual agreeies found by me effective in its care; and also, by the presentation of undeniable facts, to

refine the fami duetrine of its incurability;

(a) The sugfidence of the plan and procedured the foregoing remarks are correct, it is clear that in no way can we contribute more directly and efficiently to the prevention of the prevalent chronic discusses and the promotion of general health, than by directing special attention to the large. So far as correct information in argard to the true sees of the large, and the rames of the discuss to which they are subject, is difficult, and the mode by which they may be made large and strong, if builthy, and cured if discused, is made known, most extrainly great practical good is accomplished. Not a little of the darkness which exceloped this whole subject when the first entition of my "Six Lectures" was issued, has been dissipated. Still, much of error in theory and mistaken practice remain. The truth cannot be exhibited too clearly not too frequently. It is especially important that is should be universally known that nearly every discuse to which the learner force or any of its parts is fiable, may by the

foundation of long disease in some form. So, too, feelds or disease. dered lungs may and other do become the source of a vast broad of chronic maladies, that apparently have no connection with the large. Indeed, a person with a broad chest and large, sound lungs, holituated to sleep, contour breathing, and who never permits himself tobreathe a stiffed, vitiated air, can hardly be made sick, except by some great rislence. He will resist completely all the ordinary morbitis influences by which he may be surrounded; he may walk scathless through the postilence, and stand unbarried in the midst of the most fatal contagious. We senetimes find men of this description who seem to bear a charmed life. Their tenustry of life and health is wonderful. The secret is to be found in the perfect organization and condition of their respiratory apparatus. They are subjeet to the action of all the causes of disques to which other men are; but from the greater comparative size and perfection of this apparatus, they are endowed with a higher ritality and greater functional activity-they stand on a more elegated plane of animal life, and have such a power of resistance against any agent or influence which interferes with that life, that they are unharmed where thousands, with smaller and loss perfect lungs, fall and dir.

Without summerating other reasons for the plan adopted in presenting the subjects embraced in this treatise, I will say that I have reversed somewhat the order usually pursued in treating of the langethemselves. I have first explained the method by which the confition of the lungs may be ascertained. It is of the atmost importance that this should be more generally known and practised. One of the great reasons why consumption is so fatal, is because there is, in almost every case, positive and extensive disorganization of the lange before the patient is aware that they are discused at all. In its curlier stages, consumption is as curable as any other sectors malady; and if when there is experienced my disturbance of the longs, or of the general health, there should always be made at once an accurate examination of their condition, and the first traces of tuberculation, or enturely or house, or oferention, or any other form of discour, should be, as they may be, detected, and then promptly treated, tens of thousands of precious lives might be saved that are now eaerificed. I have thought it best, therefore, as I say, to place first before the reader the information necessary to enable him to know at all times the condition in which his large are; and I would recoutment him not to pass over this portion of the book, thinking it of no consequence to him.

After describing the best method of reasoning the condition of the lungs, and the external eiges of disease that may be presented, I have arranged, under separate heads, the enrices diseases themselves to which the organs of respiration are subject. Several varioties of pulmonary consumption are noticed, to which remove are given indiesting in each the origin or proximate cases of the affection. This plan loss the advantages of bringing into view the principal number of chronic diseases which afflict us, and at the same time establishing the fact that there are few that may not become the source of consumption of the large. The views presented on this subject are commended to the particular attention of the reader. Then follows: a consideration of several of the prevalent chronic disorders by themselves, otherwise than as related to any pulmonary affection, with such reflections and suggestions as I have believed most adapted to sid the sick in recovering, and those free from disease in preserving, the great treasure-foolth,

In conclusion, I have only to add that it is my sincere desire that this treative—which I wish was more perfect, and more adequately measured to the conception I have in my own mind of what such a work should be—may be meful to my fellow-men; that it may do something towards allevinting their discuss and sufferings, promoting their health and happiness, and prolonging their lives. While my own life and health continue, my services are at all times at their command, either to give such explanations as I may be able to give of any matter unbeaced in this book, where I have not made myself understood, and to aid the invalid by counsel and remedies; and, so far as it is in my power, to point out, to both the invalid who would escape from his suffering, and to him who rejoicing in the possession of vigor and strength would retain them, the pleasant road in which health and length of days may be found.

HEALTH:

ITS AIDS AND HINDRANCES.

CHAPTER L

EXAMINATION OF THE CHEST.

METHODS OF ANCESTAINING THE CONDITION OF THE LUNGS,

As the lange are the very citadel of animal life, through whose agency are derived the yower, the vigor, the vitality of the whole body and all its parts, determining very much the state of the genand health; and as discuss of these organs is so common and so fatal, it is exceedingly important that the physician should possess some mode of ascertaining at any time, with the atmost possible certainty, their true state; whether they are diseased or not; if disessed, what the precise nature of the disorder is,-its progress and the extent of its ravages; whether both lungs are affected, or only our; whether our or more of their lobes is discused; the exact location of the disorder :- in a word, of ascertaining the true pathological condition of the lungs, throat, and air-passages. A knowledge of such a mode is also important to others besides physicians; as those who possess it are able to determine for themselves whether or not disease exists in the lungs of their friends, when it is suspected. If the correct number of examining the shest were generally known, thousands might be saved who now die of consumption, which except stealthily spon its victim, and perhaps nearly destroys the langs before it is known to exist.

The physician, it is true, may learn much concerning the condition of the large from the history of any case presented to him, from the duration of the disease, the appearance of the patient, the presence or absence of cough, bleeding, expectoration, do.; and also from the number of breathing, as the patient sits on his chair, or reclines on his conch,—whether or not it is difficult, short, or hurrical. But although these circumstances are all very valuable in determining the condition of the lungs, and may thoroughly justify the inference, in many cases, that the lungs are discussed, yet they cannot absolutely establish the fact. The only mode of reaching certainty here, is by a careful examination of the clean itself, through the seands given out by the lungs in breathing.

I propose here to give some directions for making this countration. They will be mainly addressed to young physicians, not yet necessited with the best mode of examining the cheek, and nine to the general reader. The physician qualified by experience to conduct this examination, of course needs no instruction.

Allow me to observe that the air, in passing into the large through the broadfal takes and the smaller simplestages, to and from the zir-cells, makes a possiliar sound; and this sound differs even in perfectly healthy subjects, according to their age. In the large of a child is differs from those of the man, and in the young and middleaged from the aged.

Now, the first step to take in arriving at a correct knowledge of Auscultation-as the examination of the lungs, by means of these sounds, is called-is to obtain a clear and perfect knowledge of the sounds emitted, in respiration, by healthy lungs. It is a common and almost aniversal error of those teaching medical treatment, or terning the neelied mind, that they, is nearly all cases, commence at the point of discuss, when they should begin at the point of health. No person can be truly and thoroughly prepared to investigate disease, until he is purfectly acquainted with the phenomena of health in all its circumstances and conditions. From this standpoint alone can be see disease in its true nature, as a deviation from health. Almost all medical students are introduced to a study of the human system first, under abnormal conditions; not in the natural state, which is that of health, but in a discussed state, which is an amatural one. The discussed chest, for instance, is expedited before the true phenomena of the healthy chest is known; and while they see many surjeties of disease, each differing in appearsuce from the others, they all differ from health.

As the first step, therefore, I would advise the student of medicitie, or any person wishing to acquire the art of examining the chest, to learn the exact sounds produced from the large of healthy persons. Let the student and the young physician commerce by examining the chests of healthy persons, both male and female, and of all ages; and let him do in repeatedly, until he has examined a great number. Let him be in the babit of examining the chests of all those who consult him for any disease, as far as the complacency of the patient will permit. He will find that even a few weeks' practice will give him a very clear perception of all the sounds proceeding from healthy image, and thus he will be qualified to detect any deviation from health.

Another cause of obscurity and want of success in practicing auscultation, arises from the torus employed to designate unhealthy sounds. Learner, the great French physician, who first discovered or noticed the sounds produced from discosed large, employed a set of terms to designate these sounds, derived from the French, Latin, and Greek languages, and they have been adopted by all subsequent English writers. I do not know of one English amter who employs English words alone to designate these sounds; and while the foreign words fall pleasantly upon the car of these familiar with the languages from which they are derived, they correspond to the an incoming to others. In the following description I shall avoid adopting foreign terms, and give the best idea I can of these sounds through the medium of English words.

MODES EMPLOYER TO ASCRITICAL THE COMPINION OF THE LESSES BY THERE SOCKES.

Physicians, in examining the class, have adopted two methods to determine by sound the condition of the image. The first is called Perension, and the around is sailed Ameritation.

Progressors consists in posseling upon the chest, and noting the character of the sounds produced by the blows. It has been extensively adopted, and is at this time practiced by some connect physicians both in Europe and in this country.

For my own part, however, I look upon purcuosion as being a very uncertain method of determining the state of the image; for in many subjects the walls of the chest may be loaded with fat, or there may be a relaxed condition of the amendar conting of the chest. In these cases, percussion necessarily gives a dull sound, when the image bementh may be perfectly free from discase. So, also, blows on the thick soundes of the back, on the scapale or shoulder-blades, and in the mannersy regions of most females, give but dull sounds, independent of the constition of the large. Besides, there are various conditions of these organs, in which extreme dulness of sound, on percussion, will be perceived, indicating discase of some kind, but in which it connot be determined by this mode whether the large are tuberculated, hepatized, or highly congressed, as in all these conditions they emit a dull sound when under percussion. Effusion and collections of pusmay be present, and give dulness to the sounds of the class, and yet percussion alone will not reveal these different states. This practice has, moreover, the objection that it is unpleasant, and sometimes even poinful to the patient.

It is but lately that I was consulted by a young grationan recently from Europe, who had been examined by an eminera and world-emouned penfessor in Vienna, by whom the condition of the langs is determined principally, if not entirely, by percussion. Mallet in hand, he passes hours each day in examinations of the chest. But in this case he did not, so far as he declared it, reveal the true state of the patient's langs by his percussion.

I feel confident that, in very many instances, precussion alone will lead to very serious mistakes, even when employed by the most skilld, enable, and experienced practitioners. Consequently, I never rely upon this mode of examining the class. All the advantages it possesses are, with none of its objections, found in assembation. I do not consider it worthy of any confidence compared with the latter mode of examination. If there are those whose experience and judgment lead them to recommend precusion as valuable and safe, their experience and judgment differ from my own.

Assertances.—This is a mode of determining the condition of the imps by their sounds, directed immediately upon the ear. It is the true and proper mode of examining the chest, to obtain a clear, practical, and correct knowledge of all the sounds produced in the chest during respiration, at every age of the patient. If, in the first place, you accurately learn, by this mode of examination, the sounds made by the lungs when in health, then those indicating discuss will be most promptly detected by the ear thus callivated.

Assentation is practised in two modes; one is called inused/ofe, and the other resultate assentation. The first is plaring the ear directly in contact with the chest itself; and the other is through the medium of an instrument intended to be a sort of car-trumpet, and is called the statioscope.

This instrument was invented by Locance, but has received a number of modifications since its invention. It has been very generally and extensively used by physicians, and especially by those who are not acquainted with the sounds characteristic of either healthy or unhealthy lange. It has been employed by thousands of physiciam who have had no knowledge on the subject of what sounds they were to expect as indicating either health or discuss. Indeed, some simple-minded physicians would seem to suppose that there is a property in the instrument itself-some mysterious power-by which it gives to the physician exact information of the true state of the lungs. But if it falls in this, there is one thing that it never falls to do, and that is to profoundly increas the patient and the beholder with the idea that this instrument will tell all about what is the matter with their lungs. If the physician, after applying this instrument to the chest, says that the lungs are discased, it cannot for one moment be doubted that this palmonary index his pointed out the malady as exactly as the hands of a clock indicate the boar of the day. For the purpose of impressing patients and their friends with the profound knowledge of the physician, the stethoscope has been employed in thousands and tens of thousands of eases, I have no doubt.

The stethoscope may in some lands be convenient, and perhaps useful; but, for myself, I have always looked upon it, as ordinarily used, as embodying a great deal of quackery, as liable to lead to wrong conclusions, and as in no way enlarging or concentrating the sounds, so us to be in itself of any practical benefit. I consider that a good car can never derive any assistance from an enotrompet in exploring the langs, and does not require or call for it. I therefore prefer to apply the ear itself directly to the walls of the close; and in this view I am fully autumed by some of the best practitioners in Europe and in this country. Many of those who commenced practice with the use of the methoscope, have long since laid it aside as useless and combernouse. Their extensive practice, their experience and reputation, having given them celebrity and the confidence of the public, they have found themselves strong enough to discard all slow and imposition of consequence derived from the use of this instrument.

They have found, too, that when the ear is applied directly to the chest, they are far less liable to be mistaken, and do not alarm the patient. Besides, the physician toucolly has his core with him. He is not obliged, from any forgetfalness, therefore, to return home for his examining instrument, before his anxious patient can have his dendrift fate determined.

MANAGE OF EXAMINING THE CHIEF.

Placing the patient is a chair, uncover the chest in front, and by it have reach to the topples, and with slight covering over the other purts. Now ask the poticul to inhalo a long, full breath, so as slowly, fally, and deeply to fill and expand the whole image. Then let him exhale or beauto out the zir, and fill the chest again in the same way. Two or three repetitions in this way will deatly inform you whether the chest rises fully and equally in all parts; whether the walls of the cliest are flexible or rigid; whether there are any dependent in any part; and, if these dependent exist, whether they are slight or extensity. This will give you a clear idea of the state of the chest and imps, as far as can be determined by the eye. Upon parts that are covered, you can place the hand, and notice if they rise equally, and are flexible and free. Should you observe that, in the exercise of breathing, one lung, or the walls govering one lung, rises much more than the other; or should you observe depressions, that portions of the ribs do not rise at all, and that the intercestal nuncles and parts occupying the space between the ribs, do not rise, then you have great reason to suspect discount that spot. Or if you should notice a portion of the chest degreesed, and the ribs almost immorable on inhaling the sire; and if at the same time, you observe one circumscribed spot rise freely out of this extensive depression, you have great reason to suspent a large cavity there. At the same time you will notice whether the sheet is consciuted, flat, small, thin, or stooping; whether the shooldoes fell gravefully back from the chest, or whether they come forward, narrowing the chest in from. All these conditions the 150 will readly embrace, and the inquiring mind will notice them as highly important in diagnosis of disease, and also in determining the probability of its care; for we should remember that small lungs cannot bear disease to the extent that large large may. We can

notice, also, all the advantages to the possessor from baring a large, nound, well-developed clost; and the disulvantages arising from the narrow, small, steeping, contracted chest. A few weeks of observation will give to the medical student and inquirer the most exulust appreciation of a fine, noble best, and fully confirm in his own mind what I have said in praise of its value. By what I have said, and by a thousand suggestions of his own, he will always be able to estimate these differences in the constitution and formation of the chest,

Having completed the examination by the eye and touch, as above inflicated, we are prepared to proceed to explore the impely aneraltation. While the patient is still in the sitting posture, with the chost uncovered, apply the ear to the apper part of the right side of the chest in front, and follow the line of sound to the bettom of the lung. Then pass the car ever the left bing in the same way, noting earefully the normal and almoraal sounds, as indicating health or discuss. Now request the patient to stand upon his first, and, placing the car near to the arment, carry it down to the base of the lung in that region. Do this on both sides. Then place the ear upon the base of the throat, and notice the sound in the laryer. and windsige. Now apply the car to the top of the posterior part of the chest-first on one side of the spine, then on the other, and follow the line of sound, by repeated observation, to the base of the lung along the lack. This done, place the car upon the shoulderblades, and receive the sound directly through them. In a great many instances the sound comes clearly, and apparently anobstructed, through the scapula or shoulder-blade. During this examination have the patient breathe famility, cough, and rater vocal sounds, in sedor to thoroughly explore every part. In all ones, while countsing the front lobe of the left lung, apply the ear over the heart, and determine as nearly as possible its true condition by the sound made as the blood rushes in and cart of it. The examination is now numblete. The physician should make a record in all enses.

SOURISE REVEALED TO THE EAR, COON ITS APPEICATION TO THE OHIST, BY EMPTERATION, WHEN THE LEWIS ARE IN A STATE OF HEALTH.

It is exceedingly difficult to describe sounds by words. The notes of the octave may be perfectly familiar to the our, and yet who can describe them, so as to be in any degree intelligible to those unsequainted with musical sounds. I will, however, make the attempt to convey an idea of the peculiar sounds made by the langs in respiration. But in doing so I must ask, in advance, the utmost indulgence, both of the professional and general reader; for probably almost any experienced person could as well describe these sounds as myself.

SOUNDS EMITTED WHILE INHALDSO THE AIR INTO HEALIST LUNGS.

In longs which are healthy, and have never been diseased, on inspiration the air rustes into them in a full, round, unbroken volume -giving to the ear the impression of quantity, compression, and expunion; and the sound produced has very much the character of that made by air possing through the thick foliage of a tree, only softer, and of course reduced in quantity. It is a species of roar, but gentle and diminished, so that it can only be beard by placing the ear directly on the chest. It is a smooth boss sound-smoother and softer in females than males. It also differs very much in individuals of both sexes. When the life and vitality of the chest are great, and the lungs are endowed with fall strength, the sound becomes much many loss, amounting almost to hourseness; and if the lungs are very large and strong, while the chest is fragile and its walls thin, so loss or hourse is the sound that we might almost smepert thickening of the internal membrane, unless other circumstances were noted. The term movement ordinarily used, may be more graceful than that of row; but I think the latter word conveys a more corner files, and is more descriptive of the true cound than any other English word,

This description gives as clear an idea of the sound made by healthy lungs in respiration, as I can convey by words. It pussesses quantity, volume, force, and smoothness; and it is uninterrupted, unbroken, and equal over the whole usegs. A fine life in the chest is indicated by the volume, quantity, and smoothness of this sound; tast they will be increased or diminished, according to the increased or diminished size, vitality, and flexibility of the chest. In no state of discuss whatever do the lungs present the same tone or volume of sound as when the whole system is in a state of health, notwithstanding the assertion of some hasty writers to the contrary. It should be reasembered that what has here been said, refers to the sound made by impiring the air.

Allow me to remark, that all sounds from respiration, of whateverdescription, kind, or enriety, and however different in inconnion: arise from resistance of the partially collapsed lang to the ingress of air, and the friction of the air against the walls of the sintakes and cells. On applying the ear to the chest, we perceive the air comrushing in. It rushes through the largue, tracken, and brenchi, unfolding and expanding the lange, until it alls the most minute sincells, when the sound is a first, encoult, gentle, and distinct roar. As I have before remarked, it is a bass, muffled tone, in the full-grown, healthy man. It is less so in females. In children the sound is full. distinct, and clear, owing to their setivity and health, but less bear than in adults. In old age it is comparatively feel to and dall. Thus it differs in quantity, volume, and intensity, or strength, at different ages. When in health, the largest, the truckes, the broughts! makes, and air-cells, in all their runifications and extrement points, are filled. with a measure of unbroken sound.

A few weeks of practice by the our, will give to any investigating mind a clear, full, and fundism sequentance with the namels produced by impiring the air into healthy langs, of whatever age or strough the subject may be. I would particularly advise the learner not to trust to any description; but to educate the ear to a clear perception of the healthy sounds, by exploring the cleans of healthy persons, of both sexes and of all ages.

SOUNDS PRODUCED BY EXPLEATION IN SEALTHY LUNGS.

After the six has filled the lungs, and the impiration is complete, it rests an instant, and then communes its return; and as it seems sarily meets little resistance, the sounds produced by its return are the same in character as those made by respiration, ben easily diminished in quantity and force; so that is some persons the expiratory neurour is hardly bened at all. In this free expiration of the air, and the consequent absence of sound, is found important evidence that the lungs are in bealth.

ROTNING INDICATING BUSINSES.

I beg you to bear in mind that sound can never be produced unless the air meets with resistance.

There are several primitive sounds that take place in diseased lungs. One of these sounds, often recognized, may be counterfeited by throwing a little fine self upon a blazing fire, by which a kind of crackling is produced, known to chemists under the term constration. It may be so fine as to indicate to the car that it proceeds from a multitude of small points; or it may be courser, and seem to procood from a broader base, and from former points. This count, as I have said, is called crepitus, or erepitation. It is produced in the lange by the burning of minute air-bubbles in the streetle and tubel. In occurs where there has been, from any cause, an increase of the secretion from the membrane lising these tubes and cells. When the air is brought into forcible contact with this secretion, the fluid is agitated, and bubbles are formed and exploded. The bubbles are uscouncils very minute; and the bursting of great numbers of them. excess a crackling sound. This crepitation, or erackling, during requiration, indicates increased secretion in the lungs, but does not diselose its ettury

There is a sound, frequently heard in dismood large, which may be imitated by eaching the tongue upon the roof of the mouth, and then withdrawing it suddenly, by which a bemild clapping wound is produced, and this will be more or less extensive as the surface of the tongue is more or less extensively applied to the roof of the mouth. This sound I call clapping.

Another sound, which is often heard, may be reproduced very nearly by rapidly beating thick fluid with a specu, or blowing into it so us to agitate it; or it is like that of gargling in the throat. This is a tree primitive sound, frequently bound in discussed langs, and is called gargling.

There is a sound which comes under our notice in the Imags, that is similar in its character to air rushing into a closed, narrow-mouthed, empty vessel. It may be initiated by blowing air into a stal or fluk—blowing it down upon one side of the aperture, and allowing it to rush out upon the opposite side. This is called the concretous second. In some cases this currences requiration, which indicates

the existence of a carrity in the lungs, becomes peculiarly clear and ringing. It occurs when the cavity is very large, with thin and elastic walls. This modification of the cavernous wand is termed by physicians anyshoric respiration, derived from the Latin word anophora, signifying a flask, or hollow vessel.

Another sound heard at times in discussed lungs, may be iminated by taking an ordinary old-lung, partly filled with sil, and shaking it gently. The oil will break from side to side in the lung, and give you a very correct idea of this palmonary sound. I take the liberty to call it the localed study sound.

There is still another set of sounds heard in discused langs, often noticed, that are in their character somewhat musical. These sounds are like the flate, the cooling of birds, or an exceedingly gentle screening. They have estimus intensition, and differ in quantity, yet all have the same general characteristics, and all proceed from the same cause, and that is, obstructions in the nirtubes,—the lining mumbranes become thickened and renghoned, and thus the passages partially closed; or a thick secretion takes place in them, aftering to the internal surface, and the sir rushes through with a whistling sound. These sounds are dry, and convey no liquid impression to the sur.

There is surther class of sounds that are extremely analogous to the whistling, lest which do not break into musical notes,—the obstructions that produce them not being so sharp, but are more extensive. They are hard in their character, and are called selecting; they indicate extensive thickening of the sir-passages, accompanied at the same time with more or less humid exerction.

In the whiching count it would ment that the simple is entirely encoded with a sharp thickening. But in whereing, the obstruction does not, to so great an extent, fill the simple, and extends over a greater surface. The sound produced is not therefore that of shrift massed notes, but only a deep bourseness, backes by the presence of a bunish mucous secretion, in slight quantity, afterest to the sides of the tales. In the absence of these mucous secretions, this sound becomes deeply hearse. When very much increased, we have a true whereing sound, which is a grade of sound between hearseness and garging.

What is commonly called housement, is another round. This relates to the voice. It is of so frequent occurrence, and so familiar to all, that I need not describe it. It is a peculiar modification of the votes, caused in the largest by a thickening of what is called the votal chord, by whose vibrations, as the sir passes over it, votal sound is produced. When thus thickened and relaxed, this chord vibrates loss freely, and makes, in amosquence, a loss pure and perfect sound.

In the early stages of broughttis and asthmatic phthisis, in asthmatical cataurital phthisis, the whistling and wheeling seemls pass up and down, along, and in the course of the strappes, to and from the throught the parts affected. But in tubercular consumption, during tuberculous softenings and in cases of abscesses, the sounds indirating discose often cross the chest, occupy a truth wider space, and you can follow them across the chest. They exist over extensive surfaces, laterally in the chest, especially in the early stages of the discuss, instead of extending down the large in narrow lines, as when the aircraftes only are affected. When the tracker or windpipe only is affected, of course the sound will be no wider than the tube itself.

There is still another sound produced in the chest, which I have often noticed as accorring after bleeding, and sometimes before bleeding has taken place. It is a species of ticking or clicking, sometimes distinctly malibo to the patient, when it is extremely amorying. Hour after hour, like a death-watch, it assets in his car, presenting deep and test, and is in all respects disagreeable and wearying. Its rest is somether top of the lungs. I have noticed it oftener in the top of the right lung than the left.

SOUNDS IN DECOMMENTS.

The sounds in breathing which indicate this disease, are first simply a business of the voice. Upon applying the ow to the chest, the sound seems thickened. As the disease advances, we find that the volume of air has lost its smoothness; that it is broken, as if passing over a roughened surface, producing more or less houseness, as the disease is more or less violent and extensive. The membrane lining the tabe has become thickenest, and the effect of this thickening is to render these otherwise smooth surfaces, rough. In proportion to this roughness on the surface, will the impression of roughness or houseness be produced in the current of air passing over the sur-

face. As the discuss still alwances, and the bunist accretions increase, the observations in the air-passages, produced by the thickening of the membrane and the secretions adhering to it, increase in
quantity, then will then be produced a gargling or entiling sound.
This is noticed particularly in the beautifulia of children—in their
winter coughs and colds. We observe in many of them large discharges of muons from the nosmile; and when they cough, as the
air forces its way through and across the deposits of muons, and portions of the thickened ameous membrane on which the mans has
been accreted, this rattling sound is produced, which indicates genuture bound enters to be nothing of the throat, air-passages, sir-carfaces,
do. In other instances, the bound accretions will not take place, except to a small extent, and irregularly; and then we observe more
or less of whistling, emitted from the affected part.

Another sound occurs in branchitis, which may be counterfeited by wetting the ball of the thumb, and passing it over a polished surface, under proper conditions, as the thumb is passed across a nambourine. The sound is semetimes very lend,

In a great many instances in bronchith, or skin disease upon the lungs, large quantities of matter, resembling peo, as well as muchs, are secreted, and then without the formation of sicers. In many of these cases the air-surfaces adhere together; and the sir, in making its way along the air-passage, will force them apart, producing a chapting noise, such as I have previously described as analogous to the nount produced by the tongue adhering to the roof of the scenth, and drawn anddenly from it.

These are all the sounds that I now choose to notice as indicating broachitis,—they are hostswares, whereing, gargling, clapping, and whistling.

When we observe one or all of these sounds and notice at the same time that the clost rises well, that the large expand readily and fully, and that the expiration is easy and free, we may be certain that it is a case of branchitis. But we must never forget that this mate of the discuse may exist upon some pertions of the large and simpassages, whilst other portions may be affected with another form of pulmonary discuss.

Houseness, the tunteurine sound, whereing, and the whistling musted seemd, in my part of the lungs or air-surfaces, are possible to beauchitis, and unfallingly indicate it in that particular qut; but gurging and abopting are not peculiar to beauthitis. They occur also in other forms of disease.

SOUNDS INDICATION ASTRIMA.

In the early stages of seate attacks of asthma, we notice intense barracess and shrift whicking, occupying almost the entire large in some onlysets; less as in others, in proportion as the disease is more or less expensive.

As the authoratic paracyum advances, and secretion commences, the learnesses changes more or less—a hunid whisting interesses, and the shrill whistling nound subsides; all the sounds become less dry, and, in many cases, a rattling as heard over the entire lungs. This diminishes and passes off as the secretion declines, as it generally does at the close of the attack.

In asthma, along with the somals we have indicated, we observe, nearly, that the obset is fully expanded, even unmaturally so in some cases. We also notice great shortness of breath, especially in exercise, which is increased on lying down, sometimes almost to sufficiation; also the recurrence of paroxysms or an orbitalists of short and difficult breathing. By these symptoms the disease is readily distinguished from broughlits or permanent congestion of the lungs. The indications in asthma differ from those in broughttis and alcorated lungs, in that we hear no clapping sounds in the former, whilst in the latter the clapping sound frequently occurs, particularly is its advanced stages. Asthma, when it advances into asthmatic consumption, as it sometimes does, loos most of its asthmatic characteristics, and assumes nearly all the marks of true broughted tubercular consumption.

In cases where asthers has become permanently established, we generally notice bourseness, whereing, and whistling, more or less extensive, in proportion to the violence or extent of the discuse. These sounds are usually toore intense at night-fall than in early morning, in damp than in dry weather. We should however, restreader that this authum may be only portial—accupying one labe of the lung, while the opposite lung, and even mother lobe of the same lung, may be taberculated or absented. Hence the expansion of the chest may be general or partial, as the authum is general or partial. In some subjects, his is so low that expansion

will be but slight even where the whole large become invaded by authors.

EMPHYSIMA OF THE LUNGS,

Senetimes a number of air-selfs become unnaturally expanded, and even break into each other. This state is called suphysema. In these cases the bugs are permanently expanded, and the number of air in the emphysematous lung is dell and feeble. It is here that percussion reveals full resonance, and, without assentiation, will indicate healthy lungs. Entenance emphysema of the lungs produces almost as great shortness of breath as takes place in asthmic. This form of disease is strictly antagonistic to pulmounly consemption; amply-sematous portions of the lungs resisting the process of tuber-culation.

SOUNDS INDOCUENG PURSUSARY TURESCULAR CONSUMPTION,

Tubercles generally occur in the least movable portions of the lungs, which are usually the front lobes, just below the claricle, or collar-hour. The inartivity of the lung at this point is probably greater in the right alon in the left long, and toberestation is more often observed to commune there than at any other part; at least, such has been my observation. I have stated, when speaking of the expiratory muraum, or the sound produced on exhaling the air from the lungs, that where the lungs are free and healths, we will observe very little sound, and sometimes none at all. But if obstructions occur in my part, the air, in passing out over these obstructions, will be routially interrupted, and sound produced. A lond expiratory nursus; with an apparent delay of the air in posing out, musistakably indicates obstruction, which will almost always be found to be of a toherculous character; so that the examiner who notices a feeble sound on impiration, and a distinct expinatory murrour, with more or less roughness of sound, approaching bourseness, while at the same time the air, in passing out, is somewhat didned, is fully justified in asnouncing the presence of taberrks. If, united to this, you observe bearseness on impiration, you may infer that the tuberculous region is in a state of excitement, or that there is inflammation around the taberculous deposits,

SOUNDS PRODUCED BY THERESELDS IN A STATE OF SOPTEMING.

As softenings commonce in the tuberculous deposits, the nir, upon estering the large and pusher through this portion, booker the others we have noticed, will produce a clapping wand; the points if sound being finer or broader, as the extent of the softening is greater or less. In some ones you will find extensive portions of the large endeated in these softenings; and the air, in posting across these collinest surfaces, and opening them, will seem to expose a large surface, and a chapping, squashy, humid sound is heard. This, taken in connection with the fact that the chest does not, upon inspiration, rise much at this point, justifies us in concluding that the lung here is alcorated, and its substance, in some degree, destroyed. In some cases where much loss of substance has taken place, we shall notice points where no sound is hourd, and sometimes a catching. interrupted sound, as the sir seems to rush from one discussed surfire to mother, across an open cavity. If, with this sound, you observe that the ribs do not rise, you may be very certain that the bury is much wasted; that tuberculous softenings have taken thee, and produced considerable destruction of the substance of the lungs themselves.

SOUNDS INDOCATING THE PRODUCE OF ACCUMULATED FUS IN LABOR CAVITIES.

In connection with other symptoms which have been mentioned, you may, in some cases, such the demodybaid sound; by which I mean the sound I have described as constentional by the fluctuations, from side to side, of sill in a lamp. As the patient charges his position, or the air rudges in and sent, the surface of any assumulated finist, as put, will be acted upon, and doubed from side to side, producing that peculiar sound to which I have referred, and closely indicating cavities more or less filled with put.

SOUNDS INDICATING PURSONARY EXCLUSIONS NOT FULLD WITH PUR-

The six, upon impiration and expiration, in it enters and returns from a pulmonary excuration not filled with pas, will give a dry carerrous or amphoric sound, which I have described as counterfeited by Rowing air into the open menth of a vial. If, however, the cavity is partially filled, a clapping or garging sound will also be observed.

SOURCE REVEALED BY AUSCULTATION IN INPLANTATION OF THE BUNGS.

In inflammation of the lyngs, whether general or partial, on exarcination we find diminished motion of the chest in breathing. This is not perceived, to any very considerable extent, in the firs stage of the inflammation; but, as this disease progresses, and the larger become filled with blood, it is noticed more. On applying the our to the clost, there will be board, over the points of inflammation, a fine cretitation, as of the hunting of minerous small ainbubbles, This sign is invariably found in this disease. With it there will he hourd often a kind of outolog sound, as the zir posses in and out of the lungs. At first, unless the inflammation is extensive, and the lungs are greatly engarged with blood, the respiratory number will be heard nearly as full and distinct as in health. But as the discuse advances, and the lungs become what is termed Asperticol, the sound diminishes, becomes more and more feeble and shill, and then at the hypertized points ceases to be heard at all, and gives place to a distiret broughted murmur, at first. But this latter, as the hepatization becomes more complete, is itself lost, and no sound is bound. If the disease does not become fatal, but subsides, as it does so, there is first heard a return of the erepitation, but of a costner character, and more of a rattle. This increases for a time; and then, as the lungs are inforded and become clear, it disappears.

RESOURS OF THE STREET OF SOUND, AND THE MANNER OF EXPLO-

I have now summarily described the principal source and their indications of disease, as well as words will stubbe me to do so. I would remark further, that every possible form and complication of these sounds will be discovered in exploring many cheets. But there are certain cardinal points that I have mentioned, which never full us, and which indicate invariably the state of the lungs. Externally, if we find portions of the client depressed or flattened, and at these points the ribs rigid and homovable; and if, on applying the car to such parts, we observe obstructed expiration, a obspring, squaking, garging, amphoric, and boulled-fluid sound, we may be certain of the presence of soft-teed toberdes, or disorganized and observed large. In some instances the sounds are all dry; the patient has no cough, and very little, if any, air posses into certain portions of the large. There are cases where the large has once been impaired by discove or accident, and recovered so as to be healed. The discoverd sometions are suspended, but the large have not recovered their expansibility and obsticity. Many of the six-cells, and perhaps the six-tailes, have become chilterated, and the large have last more or less of their substance, but the process of therecalities has consed.

In conducting our examination of the lungs, we should notice not only the sounds discovered by mucritation, but also the general appearance of the clost—the play of the ribs—the fulness or the depended state of the clost, whether general or partial. So also we should make ourselves fully acquainted with the past history of the case we may be examining, and surefully note and consider the present general condition, and constitutional symptoms. All these circumnances should be taken into consideration; for if the sounds are wholly relied upon, without regard to any other indications, we may be led into hurtful mistakes.

The assistance of a competent teacher, who can point out the states of disease and health, as indicated both by association and general symptoms, together with the opportunity of examining snit-able subjects, will of course greatly facilitate the acquiring of a correct knowledge of the interesting phenomena presented in this branch of practice. Still, continued practice and observation—a careful acting of the different sounds, collating the inistery of each case, and observing the subsequent progress and termination of the disease, will soon make almost any person, possessing a good car and fair necessal capacity, a master of all the prominent and uneful facts revealed by assentiation.

POSITION OF THE PATTENT, WITH DISEASED LUNCE, ON LYING BOWN,

As a general rule, the consumptive patient cannot lie upon the discased side. On first lying down and turning upon the side affected, coughing is immediately induced, which will in some subjects con-

times until they task to the opposite side. If the lungs are ulcerated, a considerable amount of matter will be expectorated during this coughing. After the discused long has been well cleared, by coughing, of the matter esflected in it, the patient may be on the affected side for some time, without much inconvenience, if he lie perfectly quiet; but on moving he will immediately compense cougling roun; and thus experience and necessity will teach him, that if he will avoid coughing, he must be on the healthy side. Where both houge are affected, he can, in some instances, only lie upon his back; in others, he can lie equally well on either side. In cases where water is extensively affected into the pleura of both lungs, as in dropsy in the chost, he cannot lie down at all; and this is also noticed in more asthratics during the authratic paroxyams. But the history of the case, and amendation, will very soon disclose whether water in the pheura, or aethma, be present. In some comparatively rare cases, the lungs will be loaded with a great amount of watery plieges and way, and the potient will be umble to he down; or, on first doing so, especially, he will be taken with great shortness of breath, and with servere coughing; but after a while the large arcommodate themselves to the position, and he may sleep some hours uninterruptedly.

I have seen it remarked by at least one writer on consumption, that where there is discuss of the lungs, the patient can lie best on the affected side. But this, as a general rule, is a great mistake. Indeed, in many cases, he cannot lie on the affected side at all. I have, it is true, met with a few instances where this rule did not hold good—the invalid being able to lie on one side apparently as well as on the other. But such instances are comparatively rare. They may be accounted for, when they do occur, by the fact, probably, that the healthy lung is in an irritable state, while there is at no time any very great amount of matter accumulated in the discussion. The rule that the patient lies best on the side of the sound lung is to uniform, that his disposition to lie on one or the other becomes a fact of considerable importance, in connection with other symptoms, as indicating the location of the disease.

IMPORTANCE OF AN RESET PARTIES, AND A PULL, EXPANDED CHEST.

Mway persons, from extreme weakness at the pit of the stomach, or of the large themselves, are make to stand erect, and immedistrily stoop upon rising. They imagine they feel better by stooping and heading forward, whether standing or sitting. This liabit, if indelged in, rapidly contracts the class. It throws the shoulders forward, so that the class has to bear their direct weight, and that of the arms, pressing it downward and forward, of course contracting it, and preventing its full expansion. In the natural armagement of the human frame, the weight of the shoulders and arms is made to full backward, leaving the class free, flexible, and capable of the fullest expansion.

In the prevention of polynomary consumption, there is no fact of more importance than that the client should be creet, the longs perfectly inflated, and the weight of the absolutes made constantly to tend backwards, thus soliting the full and perfect expansion of the client. This course will do very much towards forming good lungs, and continuing there in a healthy state.

MECHANICAL RESILICIS TO PREVENT STOOPING.

From remarking upon the great importance of keeping the chest erect, and the necessity of throwing the weight of the shoulders off from it, I am led to refer to the use of mechanical remedies to preyent stooping.

These mechanical remedies are known under the name of alautider-fraces or transmiss. The effect of a good simulater-brace is to draw the shoulders downward and backward, bringing the shoulder-linder flat upon the back of the clost and keeping them there, so as in take their weight off the clost, and thus to expand instead of contract it.

Any person, however inclined to stoop, if under fifty years of age, can, by a determination of the will, such a proper use of sheaklerbraces, do such towards remodying this bad habit, and producing a symmetrical chest.

To me, I believe, belongs the credit, if any credit is due, of introducing shoulden-braces as an assistant in the prevention and core of primounty consumption. When I first communed my betures in this country, in 1842, shoulder-braces were almost entirely unknown. Very rule attempts had been made, and rule instruments devised, for improving the figure of the chests of young persons at school; but I am not aware that they were employed, to any considerable extent, either in this country or in Europe, as a remedial agent, until I brought them into notice, and perfected several varieties of them. They were entirely unknown to the general same of the people, and to almost all physicians. They are now manufactured in a great variety of styles, and of various grades of medianess and elegance. In 1842, probably not twenty pair were manufactured a year in the United States: at this day the number manufactured and sold amounts to several bundred thousand annually.

When properly made and adjusted to the size and condition of the patient, there is no remedy of so simple a character, expalsic of more smalloyed usefulness, or that so much improves the patient, without presenting a single drawback to its benefits. They never produce any injury. On first being worn, the patient may expetience a little inconvenience if they are drawn too tightly; but they may be easily adjusted so us to avoid this inconvenience; linkit will soon remore their use agreeable, and the shoulders will gradually be brought back to their most perfect original symmetry. In young persons the coline-bone may be straightened, where it is bens and deformed, and restored to its natural position and sloope; and the elevated, wing like protrading of the interior edges of the shoulderblaics may be completely remedied; when beauty will take the place of deformity, and health be insured and reinstated where it was endangered, or perhaps already impaired.

The benefits of shoulder-braces to the human system are now no generally and thoroughly known, that neither physicians nor invalida often object to their being worn; but when they were first introduced, and their great benefits proclaimed, physicians were among the leading opposite to their use; a great many opposing them who had never som the instrument, and who did not really know what they were opposing. They based their opposition, as they said, simply on the general principle, that God had made as right, and if we had needed shoulder-braces, he would have put them upon us; that for man to intempt to supply any thing to the human frame, was to charge God with larving feelighty emitted, or perhaps over-booked, something essential to its perfection. These pions philosophers forget that the collise-bones are shoulden-braces of the most perfect character; and that did not vicious habits, and unbealthy employments, stoop and distort the frame is spite of them, no artificial help would be needed. Beason is becaused upon us that we may

remedy the injuries which accidents and injurious habits infliet upon the masterpiece of God's hand/work—the human frame.

I seldom treat disease of the lungs or heart, or any weakness of the chest or pit of the storoich, without advising the use of shoulderbraces, where it is practicable to wear them. They are not worm at night or in bed, but only during the hours of the day when the patient is walking, riding, laboring, &c., &c. Persons of every age, class, sex, and occupation, may wear them; excepting, of course, children under three or four years of age. They asoid very much to eanand the lungs, to remove weakness from the cleat, and to preeven the exercise of the arms and heads from straining and weekening it, which will very often take place where the shoulder-braces are not worn, especially in delicate, weakly, and feeble people. To bilies and persons of sofentary habits, professional men and clerks, their benefits are mestimable. I would advise their universal use, in all cases of small cheets and stooping shoulders. As I have said, I always use them in treating consumption. They are exceedingly valuable, who tree plan of treatment for restoring the health, strongth, and symmetry of the class, and preventing consumption, is adouted,

CHAPTER IL

PULMONARY CONSUMPTION-ITS VARIETIES.

The disease commonly known under the term pulmosary conamption, consists in a destruction of the lungs, to a greater or less degree, by a peculiar process of disorganization. It is a disease which, when fully developed in the large, possesses certain poculiar features and characteristics that readily distinguish it from all others, and which unerringly indicate its existence. This fact has given rise to a popular notion, more or less entertained by the molical faculty also, that communition always originates in the lungs, and has a speeitle cases, operating only in these organs. This is a great errora most disastrone error, blinding, in thousands of cases, both the physician and the invalid to the aspessch of the disease. While they are looking for it only in the lungs, and supposing that there is no danger so long as these organs show no some of disorder, the enemy may be undermining the constitution through other organa, preparatory to seizing upon the lungs, and terminating life in true consumption.

It is, therefore, a fact to which I desire to direct special attention, as being one of great importance, that palmonney consumption may result from a great variety of causes. I wish to impress the truth, that there are many other affections—disorders of the general system, as well as of particular organs—which may either determine upon the lungs, or so affect the vital powers and fluids of the system, as to induce true palmonary consumption. For example, long-continued dyspepts may result eventually in sensemption. The same is true of distribute, constitution, liver complaint, some distributes peculiar to the female constitution, certain skin discusses, causer, scredibute tumors, &c.; and so of long-centioned fevers, mechanical injuries, that prostrate greatly the strength of the system, occasioning a long confinement in the house or in bad, &c. Perhaps the most familiar ex-

ample of a distinct and independent disease, eventually entiring destruction of the lungs under certain circumstances, is that of

A COMMON DESCRIP-

This affection has, as we shall see, no accessory connection with the lungs; and yet how often does a simple cold and in consumption! When is the disorder known as a common cold? Contining my remarks to what is called a cold on the large, I reply, it is not, as many anguous, acrostling inhaled into the lungs with the breath; nor is it the result of my direct action of cold upon the large them. selves. On the contrary, it is usually the effect of an influence exeried by cold upon the surface of the body; being nothing more nor less than the solden checking of the perspiration, which, in a state of health, is constantly passing through the skin. This permittation consists of waste or wormout matter, which is taken up from the blood by certain organs called audicific gloods, whose office is to aliminate this dead matter, and expel it through the pores of the skin. If it is retained, it becomes a source of disease meting as an irritating, mischievens poison. In a healthy person it is constantly passing off, to the extent of three to fear pounds every twenty-four hours, by what is called (noswills perquiration, being in a state of super. It is only when it is poured out very rapidly, by increasing the heat of the body, thus the perspiration becomes sexuible, or ap-pears as a fluid in drops on the skin. This is termed sexuible perspiration, or awating. The uninterrupted flow or expubiton of this dead matter is also intely indispensable to health. The instant it is checked at my point, there is mischief done. One of the most common modes of checking it, is by suddenly shilling the skin, as the effect of cold on the skin is to close its peres, or those minute cleanels through which the perspiration passes. Thus, when a person perspiring freely becomes rapidly chilled, and the perspiration is arrested, he is said to lows "cought cold;" this dead matter has been retained, and thrown back into the blood, when it is either carried throughout the system, cassing a general distudence, so it determines on some organ, or set of organs, or to one point. Then it is said, the person "less cold in the head," or "a cold on the lange," or that his cold has "actiled" in the threat, the neck, the bank, the joints, or abswhere. When this chilling of the surface is confined to a small space, the checked

perspiration is not to "sottle" in the immediate vicinity of the place thus chilled, and to disturb, at first, hat little the general system. Thus a person sitting with a "draft" lowing on the neck, will som have a stiff neck or sere throat, with perhaps no other indication of haring taken cold. When, however, the whole, or the greater part, of the surface is sublenly chilled, the general system usually suffers to a greater or loss extent, and, at the same time, some one or more of the great vital organs is ant to receive, especially, the shock of the muchief caused by the suppressed perspiration. The lungs, of all these great organs, are most exposed to the sittack; both became the blood, which is leaded with the retained poison, is all filtered, as it were, through them; and because it is one of the duties of the lungs, when the skin, or any other of the organs of exerction, fails in its appropriate work, at once to take upon themselves the labor, and render all the assistance in their power in cleaning the blood of imparities. When, therefore, the pores of the skin are closed, the waste matter, not finding a way out, rishes to the lungs for escape. Then we have more or less congestion of these organs. The memterms fining them becomes irritated and inflamed, by the presence of the poison, and strives to expel the enemy by pouring out an increased. secretion, coming a cough and expectoration more or less produc-This is what is termed a "sold on the lange," which, as every one knows, may, unless arrested, and in "communica," and distroy life; especially where there is a constitutional tendency to this disenc. I here repeat, therefore, what I have before remarked, that a "common cold" families a familiar example of a distinct and independent disease, determining to the large, and resulting in construction.

But what is true of a "common cold," in the above respects, is equally true of a great variety of other disorders. Indeed, it is a fact that there is searrely any form of disease, whether general arlocal, that may not become the source of pulmonary communities. In the course of my practice, I have been able to true affections of the large directly to many of these foreign sources; and it is my purpose, in the following pages, to give the result of my observations, not only in regard to the diseases which were to originate in the large themselves, but also those forms of pulmonary disorder which are transferred to the large, or to which the large are subject, from disease observer. In doing so, I shall take the liberty to designate the discuss in the Imps, in each case, by a term indicating its origin.

Thus, where it has resulted from mounter of the stormels, I call it
"dyspeptic pulmonary consumption;" when from disorder of the
liver, "hepatic (or liver) pulmonary consumption;" when from derangement of the bourds, "intestinal (or bowel) pulmonary consumption," &c. This, I think, will be found a convenient and appropriate nonenelature, as it will, in every natures, disclose the origin of
the disease.

Before, however, proceeding to the different varieties of communication, I will have dispose of the subject of "Aeroditory communication," as this can handly be called a particular servicty; the hereditary predimension influencing more or less all varieties.

HERETERY CONSUMPTION.

The offspring see reproductions of the parents, often in the mimented particulars; and still more universally so in their general constitutional characteristics. In general, the children will inherit a predimention to each diseases, as these to which their progenitors were solviest, whether cancer, salt theun, skin diseases, &c. Humors of every species, and particular weaknesses or particular strougth, in any organ, or set of organs, are also transmittible; and hence the parents may communicate to their offspring weak large or strong lungs, large or small imps. They will transmit strong appetites or weak appetites, large mental orpacity or imbecility, deformities or malformations. I have known a father, lawing a withered mm, receive from his wife children with withered arms. If the parents are sensitions, the children are liable to become so, and the development may follow at an earlier or liner period of life. Indeed, sometimes parents are no depeated by a tuberculous disposition, that their children may almost be said to be been with consumption. And yet it seldom occurs that a child has my apparent hereditary disease at its birth; although I have known a child born with the ague and fever, derived of course from its mother, who, while bearing it, had been the subject of this disease. It is, I repeat, rurely, however, the case that children are born with any hereditary disease apparent spon them; consequently, a longer or shorter period may clause before the disease shows study, and this interval is one of what is called predisposition.

This predisposition, which is a poculiar constitutional tubrity to the development of a disease, is far more emily cured and emili-cated from the system than the disease most. While those thus predisposed are of course more subject to discuss, and though the discuss, when it occurs, tenkes more mid progress, still it does not by my means necessarily follow that because the parent has ladconsemption, the child shall corrainly have it too. If the masses that tend to develop the predisposition to the masse are removed, and proper means employed to endiests it, the children of the most sickly parents may grow up perfectly free from consumption, and all development of heroditary disease. I am disposed, indeed, to think, that there is no disease to which are are liable, whose prevention is more perfectly under our control than tohercular consumption. If the child has inherited diminished vital powers from its parents, either generally or locally, either in the whole system or in any one particular organ-such as the brain, the lungs, the stomach, the heart, &c.—we shall find that by employing gropes means to obvi-ate any difficulty or derangement of the individual organ, and at the same time by using peoper measures to strengthen it, its benefit tary or predisposed weakness may be entirely removed. It should be remembered, also, that the same came which develops discuse in a person predisposed to it, or eventually in a person not predisposed, where disturbing causes operate for a length of time, will finally produce the disease itself as effectually as if there had been an hereditary tendency.

How after do we see persons whose purents were perfectly healthy, become the subjects of discuss which their purents had escaped, and this from influences that did not act upon the purents! This we find illustrated in thousands of instances,—in children who, having left healthy situations and healthy occupations, and from necessity or choice adopted unhealthy occupations, permicious habits, or unhealthy locations for residences, finally become subjects of discuse. To this class belong especially healthy farmers' children, who have exchanged their country residences, with the pure six and wholesome food of their homes, for confined residences and occupations in manufactories,—or is cities where impure air, low living, constrained positions at their labors, demoralising habits, and depressing influences, grief, &a., will so reduce the tital energies and break down the powers of life, that a predisposition to consumption is rapidly developed.

and as fatally consummated as if the patient ted been of unhealthy

parents.

Allow me to repeat, that a predisposition to disease, from any hereditary taint, is not the disease itself; nor does it necessarily develop the disease, which, on the contrary, may, by proper measures, be whelly conficuted from the system, leaving the person so predisposed as perfectly free from my danger of finally incurring the disease, as if there had never been any predisposition at all in the system.

We are now prepared to notice the different varieties of commution; and I will first ask the reader's attention to that variety which is considered the most incurable, as it is the most common, and which access to have, more than any other, its origin, as well as seat, alone in the large.

THEREULAR CONSUMPTION.

The term, tabercrise consumption, is very frequently employed. It is seen in most medical books, and is heard from the lips of every physician, until it has become familiar to all; yet the disease it is intended to designate—simple, pure, and uncomplicated with any other affection of the large—is of comparatively rare occurrence. For in almost all cases of the disease called tubercular consumption, it is not purely so, but is complicated with other compliants,—such as bronchitis, polymonary enturely, &c.

True taberralar consumption possesses peraliarities which definguish is from almost every other disease. We can trace the cause of most other disorders to some specific source,—to a poison in the bleed, to a richere inflicted, to a toos of symmetry, or the derangement of some particular organ; but in pure taberralar consumption, the enuse is to be looked for almost always in a peculiar diminution of the tital powers; as a consequence of which, when pestracted to a certain extent, the vital fluid—the blood—becomes degenerated, and a portion of it looss its expectly of being appropriated and built up into the system. This portion which thus fails to be vitalized, becomes, as it were, foreign matter in the system, and generates discuss, unless it is expelled. It constitutes a victors species of debris or waste matter, circulating sluggishly, and liable to be deposited in certain portions of the system, and in certain organs where the

blood-vessels through which it flows are extremely minute, and the general circulation is carried forward with the least activity. Here this unsituited part of the blood becomes separated from the portions which are purer, more lively, and enforced with more vitality; and, aggregating in masses, constitutes temors of various kinds, scrofulous or otherwise, and very community what are called toleroles are formed. These tobercles are more liable to be deposited in the longs than mywhere else. This will be seen, if we consider for a moment the poculiar organization and office of the large. It will be recollected that the whole blood of the body passes through the lungs, to be expend. there to the action of atmospheric sir, and thus to become arterialized or converted thus venous into arterial blood, by which process it reerives the vital principle of the air, exygen, and is thus prepared to carry life and vitality to all parts of the body. To accomplish this, it is, in the longs, carried through an exquisitely delicate net-week of extremely minute blood-ressels; and, is its progress, my portions of it which are not homogeneous, or thoroughly united with the mass, or which are gross and heavy, as also any crude, undigested, or foreign matter which it may contain, are liable to be serested, and fall to pass through. Where these portions are thus arrested and detained, the blood-cosels become of course clocked up; other paytiolog of crade, untitalized marter, in those aggregate with the first deposits, and referedes are established.

In some cases these deposits will take place in small points, throughout a large portion of the large; in others we find them occupying one particular locality, whilst every other part of the large presents a healthy appearance. At first, these points of deposition are estably very mirror and siight. The manner in which the talencles segregate may be likewed, in some degree, to the effects of water when thrown upon red-het iron; although thrown in a mass, it rapidly divides into little globules. Could these be rengeded at the moment, they would be found to present an appearance similar to primitive tobereles in the large.

In accordance with these views—namely, that tuberoles are a true deposition from the blood—we shall find that, in those parts of the large where the circulation of this fluid is most active, tuberoles will most rarely be seen; while others, where it is less active, will be found more liable to tuberculous deposits. This is a sule to which there are few, if any, exceptions in the phenomena

of tuberculous formations. The lower portion of the imps, where they are acted upon by the displerages beneath, and where the ribs are more clustic, surely, in the first instance, shoer tuberculous deposits, But they will be found first in the upper portions of the longs, beneath the rollar-boxes, and in front of the shoulder-bindes, as well as in the posterior portions of the chest, where the rite have the least movement, and where the circulation is comparatively passive. Hence it is that tubescaled deposits commence in the top of the lungs, or very spex. According to my experience, in at least five out of every six instances, they begin at the top of the right lung; for although it is the largest, and subject to the influence of the right arm, which is most frequently used, yet the position of the Ever benonth slightly impodes its movement when remnared with the left; and this difference, though small, causes the more frequent commenoment of disease upon it. Should the causes which produce the first toberculous deposit, continue in action, other deposits will naturally Sollow, until large masses of inherdes are formed, and the whole lung overstudly is involved in the disease. Should, however, the cital powers of the system again, from any cause, regain the full standard of health, and a perfect circulation of the blood he recently lished, the tuberculaus deposits may be absorbed and removed from the lange.

There are individuals who deny that tuberales are ever absorbed and removal from the lurgs. They assert that a child, bern with tuberales in its lurgs, will assessably every them with him through life. That this is not correct, may be inferred from the fred-known fact that, in the case of tuberculous deposits in other parts of the system—as, for instance, scratch in the neck—we find them emoured by the use of appropriate remodies. The same process may take place in the lungs. It will not be desied, that the absorbesia are capable of carrying off every part of the system, and do remove even the bones themselves. If they can remove bones, they can certainly remove tuberculous matter. I need not say that it is as ridiculous to deap the existence of absorbers in the lungs, as to deap that of tuberculous deposits themselves. But we are not bell simply to hybre, from smalegy, that this process of absorption may take place in the lungs. I am confident I have winnessed the fact in my practice.

SYMPTOMS OF TUBED, TEAR CONSUMPTION.

I would here remark, that all the different varieties of consumption which are described in this book, rotain their original characteristics till a late stage; but at the last, and near the close of life, they take the form of original, simple, and uncomplicated tehercular consumption. The remarks that I are about to make here, apply to inhercular consumption in its simple form, uncomplicated by any other disease.

One of the sarliest symptoms of intercular construption perexisted by the patient, is debility, accompanied by disinclination to activity, less of vigor, feeling of imbility to perform accordened duties, or to accomplish accustomed tasks; a slight shortening of the breath mon any exercise, as, for instance, according a stair, walking up-hill, attempting to run, or anking any around exertion. This shortening of the breath increases more or less as tuberculous disposits are more or less extensive in the lungs. Very seen a sense of tightness will be felt, as if the chest could not be expanded, with a desire to take long breaths, but an inability to do so. The breath seems cut off, and the air is expelled rapidly from the lungs; the breathing becomes habitually quicker. At length commences a slight, almost imperceptible cough, -- se slight at first that the patient will not coroon to call it a cough-only a slight backing. Often a little over-exercise of the lungs will cause it, as languing heartily, lend speaking, &c. It often occurs upon rising in the morning, or getting into bed at night, or on going from a warm to a cold room. This cough is frequently acticed by friends and computions long before the patient acknowledges it. A slight stooping of the close will soon be observed, the broast becomes narrower, the shoulders appreach each other, and as observer is impressed by the fact that the individual's chest is becoming contracted.

At a period more or less early, we find that a particular part of the chest, most usually on one lung; and at the very top, is immorable when a long breath is taken; it does not expand; and any patient may be antisted of this by exposing the chest before a mirror, when, upon close abservation, it will be seen that some part of the chest—generally the upper part, just below the collim-home—does not rise with the rest. When only one lung is affected, the difference is more marked, because we notice that the opposite side of the elect fully expands; and where the effection is considerable, we shall notice an absolute and marked depression in the ribs, on the affected side. There may be depressions in the clost from natural malformation, or from accidental crosses, which have noted externally upon it. But such cames of deformity will usually be in the recollection of the patient. Thus, although depression is any part of the clost is not in itself panel that the lung is discussed there, yet if, upon taking a long breath, every other part of the clost rises and expands freely, and this part does not, we have very great reason to conclude that tabscribes have been deposited, or that the lung has become wasted.

This depression should not, therefore, he relied upon alone to determine the presence of tobereirs. It is only a confirmatory symptom in the group of symptoms which are presented in this disease. It is here that the value of assessitation is shown; this will at once remove or confirm the suspicious which a depressed chest may have excited. The practiced car, applied to the chest, will detect the existence of tubereira, if they are present.

As the disease progresses, the patient, at some period of the day, feels slight chilliness, and there is perceived a little blueness and coldness at the ends of the fingers. Frequently a creeping sensation down the spine, between the shoulders, or in the small of the back, is felt; sometimes a sensution as if water was poured over the part; at other times as if cold sir was rolling down it, although at the time fully and warmly clothed. The patient will be observed to approach the fire, and will not be so susceptible as others to the heat. This chilly sensation is usually followed by a slight fever, a little flushing of the cheek, accompanied by more to less hendache, which soon posses off. A recurrence of the same symptoms will be remarked on each succooding day. Towards evening the patient finds his vales a little lenky; and on the occurrence of a damp day he feels the tightnow in his chest increased, and the shortness of breath becomes greater; the chill is longer, and the fever more prolonged. He almost instinctively dreads the night air, as it seems to iscrease his cough and aggravate all the other symptoms. Occurrently now he perceives that he perspires at night, or on lying down; but this he explains by supposing that the temperature of the room in which are repents is higher. These symptoms, if unchesked, increase mere or loss rapidly, and with thom increasing debility is experienced. Now

commences a slight expectanation of frithy matter in the morning, and, in some instances, very slight spitting of blood. The appetite is generally still good, and no function of the system seems materially disturbed. He has little or no pain, and, judging by his own feelings, he would be as well as ever, if he could only regain his strength. He is disposed to attribute his workness, his cough, his fever, and nighterrents to unfounded and adventitions causes. With the preatest pleasure he will hear favorable explanations made by sympathining friends. Tabercalar consumption, indeed, differs in this respect from all other diseases. The symptoms almost invariable flatter and deceive, and the explanations which the patient said his friends continually make, are quite inconsistent with the reality. The tuburcles now begin to soften-on it were to rot-in the langs, being reduced to a cream-like matter, and are gradually discharged by expectoration. Sometimes, however, they suppures, and are expertorated with hardly any change; as, with the spata discharged by commuptives, we often notice crude tubercles that have not softened at all. During the process of softening, the chills, the fover, the cough, and the night execute are all greatly aggravated.

Frequently the tuberculous mass is isolated, or exists in small quantities in a solitary spot. On its being discharged, the lung sometimes heals, leaving either a cavity fined by a membraneus formation, or else a electrix or eschar. The patient new seems to improve-all the symptoms are moderated, the chils are less the fever is less, the night-awents disappear, the cough almost censes, he rosts better-and in all respects seems convalencent. In this condition he will continue, until another set of tabercles forms and begins to soften, when all the first symptoms will resignest, perhaps much aggravated. In some cases, however, the tuberculous deposits remain in one part of the lange simply in a state of deposition; while in others they are undergoing the process of softening; and at the same time, in a third, araling is taking place where they have been discharged,-the process this going on till the long is totally destroyed. In some cases deposits of interesce may soften only at long intervals, and the progress of consumption by very pertracted. In others the processes of deposition and softening may go on together, and be continuous, when all the symptoms will be steadily and propremisely aggravated, and the patient rapidly and stendily decline. This of course would be influenced by the degree of profisposition

existing in the case, and the strength of the destructive causes, whatever they may be, acting upon the patient. It should be remembered that may thing whatever which tends to debilitate the patient, will increase the illense. In some cases of pure inherealth consumption, I have known the disease pass rapidly to a fatal termination without the intervention of any softenings whatever, and without any expectoration; but such cases are extremely rare. I will nontion one, on account of the pseudiarly interesting circumstances attending it.

Mrs. R., a resident of Besokless, N. Y., had a large scroftless mass deposited under the right ear and down the neek. This increased to a remarkable size, so as to be an anguinly deformity. She had no hereditary predisposition to phthesis, but was of a delirate constitution, and her natural delicacy of health had lately been increased by porturities. A few weeks after this event she had two or three shills. Her physician, a gentlemm of some emisence of that city, gure her metallic tenics, iodine, iron, &c., for the tumor, and iodine was applied freely to it; but no effort was made to expand or improve the state of the lungs, or is any manner ascertain their condition. Som now commenced one of the most carious percusas with which we meet in the whole phenomena of discuse. This large mass on the side of the neck began to disagrees, and procerding peri posses with its disappearance, occurred shortness of breathing, as well as a debility, which were imputed to nursing, Great joy was felt at the rapid diminution of the tumor. The child was wouned. Still there was no augmentation of strength. The lady remained confined to her house ustil April, and was not allowed to go out, from fear of aggravating a very alighs cough. In April she went to the country, visited several statering-places, received the counsel and attendance of several prominent physicians, and, as she was perfectly easy in her electrostances, permissily, every thing was done that affection or science could suggest.

She frequently expressed a wish that I should be consulted, if any thing was the matter with her large; but all her physicians assured her that her large were perfectly well. In the August following she visited her purents at New Lendon, Coun.; there I saw her, and met in consultation her very intelligent attending physician, Dr. P., who had recently taken charge of her case.

The curious process to which I have referred-the remarkable

phenomenon of the exhibition of a power in the system capable of removing a serotious mass of matter existing in one part of the body, and depositing it in another, was presented in this case; this tuberculous mass had been removed without my asteolog, and deposited in the bases of both longs. The haly had been taught to suppress her cough. No physician had advised the expansion of the close; the lower part of which, in consequence of laving and the absence of all voluntary expansion, was far less active than the apper. Hence the deposits commenced in the bases of these organs. Shortly and gradually they filled up, from the bases to the tops, obliterating all the sir-passages and cells, and readering the large completely solid, like the mass on the side of the neck.

When I first saw her in August, I examined her chest in company with Dr. P. More than two-thirds of the lungs were filled with this tabercaions neater. She experienced but a slight cough, to pain, and little fever. Those not acquainted with such a case could not account for her weakness and shortness of breath. Her montal powers were perfectly clear, but all the functions of physical life were reduced. to their minimum of activity and vigor. She had a fair appetite, but could cut very little, became suting gave rise to great shortness of breath. While at rest, she felt as if she could walk and go out as well as ever; but on attempting to do so, debility and shormes of breath utterly prevented. Her one had become entirely hopeless; and, to to the cause, her intelligent physician and myself agreed that. the course of treatment previously pursued, embracing the application of remedies to the straftions tumor on the neck, had driven the tubercular deposits to her large, inducing the terrible consequences which I have surned. The progress of the discuss was very anomalous in this most unique case. As water rises higher and higher in a receiving years, so these tubercular deposits continued advancing upwards until they filled the whole chest, and the potient was literally sufficient. No softening, no expectoration of matter had taken place during the entire progress of the disease.

It was, both to her attending physician and myself a most impressive warning against the imprepriety of ever using external applications to discuss or drive off subcreater deposits, without at the same time thoroughly securing the internal regars of the body, and particularly the lungs, against the great danger of these deposits being determined upon them.

I have witnessed one other case similar to that of Mrs. R. It was that of a young tally whom I saw is Vermont in 1849. She came sixty miles to visit me. Her clief symptoms were shortness of breath, great struggling in respiration, and much debility consequent upon it. Her limps were nearly filled up; the process commencing at the bases, and but a small portion remaining unaffected at the top of each. After accertaining the true condition of her lungs, and detertaining is not own mind that her case was entirely hopeless, I was asked by an intelligent lady who persod through the room, whether this young woman had not worked in a cotton-mill. I sold her that she had. "Well," replied the lady, "I thought so," I have seen several such ruses in New Hampshire, occurring in persons who have worked in the cotton mills; and they are, no dealst, caused by foreign matter being earned down to the bases of the longs during inspiration, and there accumulating until it arrests the action of a portion of these organs,-thus becoming a motions for the secretion of taberculous matter.

PERSONS MARIE TO TUBERCULOUS DEPOSITS IN THE LUXBE.

Having noticed, in a cornery manner, some of the principal phenomena attending the deposition of tubercies in the lungs, and the progress of true tubercular consumption, I will add a few words to indicate the persons liable to these discusses; or those whem certain habits and conditions of life—in fact, all causes that tend to debilitate and break down the system—will more incline to tubercular communition than others differently fermed or constituted, or living under more healthful influences.

It is neither correct nor just to dissignate any one class of people as highly predisposed to consumption; because in every class we continually find the victims of this disease. All that we can say is, that we meet more of a certain description of persons who have consumption, than we do of another. For example: the mulatto half-bread, and the various crosses between the colored and white races, will be found much more hable to consumption thus the pure-blooded negres or haliss, or the pure-blooded Caucasian; and, as a general rule, all the conspicuous crosses of the human family are much more apt to have inherentar consumption thus the pure original stock. The half-bread Indian, when exposed to depressing influences, is far

more liable to pulmonary consumption than the pure Indian or the pure white. Passing over this mingled blood of distinct races of men, we find that in our own race, or the family to which we belong, persons of sandy complexion, men with sandy whiskers, bloods or red hair, who have a prependerance of the sanguinesers temperament, with a slear white skin—offtimes with freekles—and out blue eyes, have generally much less shifty to sustain hardships and traation of their vital energies, than those of the bilious or phlegmatic temperament. These persons are possibility liable to pulmonary communition. Still, while this is no, no class whatever can be said to be exempt from the causes of this disease:

Persons who are similar and tall, but more particularly the slender, whether tall or short, with flat chests, and large small in proportion to other parts of the system, are much more liable to consumption than those with full chests, and large relatively large. The phleganitic temperament is more liable to consumption than the billions; and, as a general rule, it may be remarked that persons of a billions temperament and black latir,—brunnttes, with thick skin, good appetites, good digestion, and an uneasy, restless habit, are less subject to consumption than any other class.

THEATMENT OF TUBEDUTAR CONSUSPTION.

In describing the causes and origin of tubercular consumption, I line enflowered to explain that the deposited tubercles are primarily the result of debility and a low state of the constitution, induced by bad air, prolonged study, confinement to delititating labors, long-continued sickness-on, finally, any come that tends to break down the powers of life, contract the chest, or arrest the strentation. With this view of the discuss, we are prepared to see that our plan of treatment should be one tending to expand the chost. and restore it to poster symmetry; to inflate the lungs, and thus more completely secure the perfect aeration of the blood; and then we should use such medicinal and hypienic remedies-constitutional and local—as will cleanse the blood of humors, cure all disorders in every part of the hody, promote the absorption of taberdes, if they exist, heal alcorations, remove broadful inflammation and levitation, and restore the vital energies of the whole system, and each press of it, to the highest degree of healthy activity. Free sir,

cert-door exercise, change of location, travelling, pleasest and choosful society, well-rentificed rooms, spending as much time as possible is the country-in mountain districts and dry situations, avoiding damp, unbestthy locations, crowded rooms, ill-rentilated sportments, &c., all highly contribute towards restoring the jutisus. to health. The inhaling tube—an instrument used to aid in foreitly inflating the large-should be freely employed to keep the cheet expunded, and to promote a lively virculation of blood through the lungs. Long, full breaths should be taken in a pure, cool air; and cold bothing, salt-water bothing, or spenging the person in spirits, or mirits and water, should be reserved to. Some constitutions will be greatly benefited by the administration of alcoholic or fermented linuous, in small quantities, especially pure brandy, old James a run. London porter, &c. Every came that tends to debile tate the system, should be carefully removed and avoided. Mechanical remolies, such as shoulder-braces and abdominal supporters, should, of course, be employed when needed, except in very young persons, by whom they cannot be worn.

THE INVERSE OF POSTURE IN LUNG BILLIST.

I shall here dispose of the subject of position, and its application to the treatment of pulmonary disease.

In all cases of fever and inflammation, where it is desired to reduce the circulation in the crotem, or by rest to prevent excitement and exhaustion, the patient is allowed and requested to remain in bed. But in every form of lung disease, a recumbent posture should be avoided to far as practicable, and the luture in bed he as few as possilde; bying in bed having a special tendency to arrest the circulation, and produce congestion of the lange. In cases where there is prodisportion to consumption, and the patient, from any cause, is inefined to continue long a-bed, this babit abould be renounced as soon ns possible. Delicate belies, inclined to palmonary discuse, or whose lungs are already affected, should not, if it can be avoided, remain inbed after parturities more than three days before they are belstered up, or made to mounce the sitting posture as much as practicable. They should, of course, be thoroughly landaged and perfectly supperted, so that falling of the house and womb may be prevented, As early as their condition will permit, they should be invited to

get up, and attempt walking. The chest should be bathed freely in alcebolic liquor, warm or cold, but generally tepid. In this way the small bad consequences of confinement will be diminished or prevented. Lying long a-bed, or in any recombent position, after parturition and during the progress of most fevers, I have no doubt is a very powerful cause in producing palmonary consumption. We often see this disease originate towards the close of a long-continued typhoid fever, and I have not the least doubt that in persons predisposed, it may result, in a considerable degree, from this recombent position. In conclusion, I would say, no person predisposed to palmonary consumption, or already affected by it, should over include in the habit of lying long a-bed, or in recombent postures. On the contrary, the patient should sit up, walk about, ride, &c., as much as possible, and avoid lying down so far as practicable, save during the regular hours of sleep.

CHAPTER III.

PULMONARY CONSTRIPTION-ITS VALLETIES - Constant

RESISTING AND RECOGNIZAD CONSTRUCTION.

Wmar is broughitis? By almost universal consent, broughitle is understood to be a discuse of the muceus membrane of the throat, the windsipe, and air-passages. It is mostly, however, considered to be confined to the threat. Physicians make several diseases of the airpassages, such as laryagitis, trackins, beonchitis, d.c., as the disease affects the laryax, the tracken, or the brought. I shall speak of these as one discuss, maler the name broachitis, to meet the popular acceptation of the term. I again ask, what is the nature of leonehitis? and reply, it is a true skin disease, located on the membrane, which is in fact the akin, that lines the throat and alremssages. If this diswas were on the hands, free, or surface of the person elsewhere, it might be saltshorm, tester, zeno, ringworm, dec, &c. Some of these discuses, as is known, discharge much watery matter. This is specially the case with salt-thours. Others are day, and do not form matter, but roughen and erack the skin, or form scales that drop off, and leave pell inflamed blotches, do. The same phenomena occur in the Various forms of broughitis. In some cases we find profess secretions, and patients expectante large quantities of matter, which is sometimes thin and watery, and at others thick and tenarious. In other cases but little is raised; but a most distressing tightness and dryness, often with much itelding and tickling, are experienced in the throat and windpipe, extending at times to the large. These, with other facts, indicate that this terrible complaint is in its nature a true skin discuss. In overy variety of consumption, broughttis is abused always present, and forms a part of the wasting maledy which fimily terminates in death. In some \$5,000 cases of long disease, for which I have been consulted, I do not think I have seen half-a-dozen instances of true consumption, in which there were no traces whatever of broughitis.

Bronchitis is, indeed, a most common complaint. Thousands of people have it more or less severely, usually in the cold or changes ble weather of fall, winter, or spring-the disease subsiding of itself, in very many cases, in warm weather: following, in this respect, the laws of salt-rhoun, and some other skin diseases, which are known to appear in their worst forms during the cold and changes lie seasons of the year, and to disappear, perhaps, in summer. Sore throat, hourseness, and cough, with expectoration, frequently subside in summer. and the patient believes himself well. Many medicines have the repstation of curing disease, when given at the commencement of the warm season, which are found to fall at all other times; showing the cures to be the result of a change of season, from cold to warm, and not of medicine at all. The first material change in the weather, at the approach of autumn, exposes the sal mistake. After salt-theur has existed for some length of time, we find that the recurrence of warm weather does not abute it. The same is true of broughitis. After it. has become thoroughly chronic, it will continue with but little, if any affectation, during the whole summer months, and often steadily progress until beoughial consumption is fully established. As broughitis, either in the threat or lungs, almost always mecomputies true tubercular consumption, and, in its surface stages, is better in seann than in cold weather, consumptives are very generally invited to visit a warm climate; and we have here an explanation of why it is that consemptive invalids for a time imagine themselves improved by going South. Their sough becomes less, they expectantle less, have loss pain and tightness in the chest, &c., &c.; but a sad experience usually proves that the great discose—the subseculosis -the true consumption-goes on unchecked, and often as rapidly becomes fatal in a warm climate as in a cold one-semesimes even more rapidly. In some rare cases, certain skin diseases show themselves only in bot weather; as, for instance, slingles, hives, &c. So, in some care cases, boundatis occurs only in but weather; and, what is singular, it appears at a particular time in hot weather, For example, we find those who will be severely attacked just about the time roses begin to flower, and have what is called a rose cored. Others have what is called a day cough, coming on at the season of lay-making. Some individuals are affected with

these coughs with actemishing regularity, each successive sensets, for many years.

now measures mores, produces and expe-

I have shown that branchitis is a true skin disease. It generally begins is the cold or changeable season-in damp, dark weather, and is most usually excited by a severs cold. Sometimes it is not imputed to a cold, but it is always aggravated by it. It begins with hearseness or haskiness of the voice, very slight at first, with slight soreness of the threat. The toroils may become a little swellen, and a tough, strong, blitish phlegm is coughed, hemmed, or scraped up from the threat. Heat, dryness, and tickling often come on, which are slight at first. Frequently, towards evening, at a change of weather, from thir to foul, or on the springing up of a cold, dump, casterly wird, the patient suddenly becomes hourse, feels overy unplement sensation aggregated, and it seems to him that he is broothing through wool, or something like it, and his swallowing is more or less afferted. He finds the night-sir, and all cold and damp sir, to disagree with him. Towards morning he may feel a little easier; but, on rising from bed, he finds that his throat is more or less filled with phicgm; which, however, by comiderable lacking of scraping, perhaps a little coughing, he is embled to raise and discharge. In this stage he often finds temporary benefit from using various candies, do., which soften the phlogen and clear his throat, Soon his voice becomes much weaker. He cannot sing or hollon, as be once could; continued reading or talking becomes impossible, accraing almost to close up his throat. A hearty heigh is dreaded, as is throws him into a fit of ourghing. He has pain, screenes, and weakness in the neck and chest, more swelling of the internal parts of the throat, more weakness of the threat, more cough, more expecturation, and more fever; better days or hours are rarely experienced; command of his youll organs is impaired, or destroyed; until, finally, his once noble, senerous, musty voice, diminishes to a feeble squark, or is lost altogether. Smallowing, especially fluids, becomes nearly impossible; electration soon appears, and becomes confirmed, stealify growing more and more aggravated in the threat and sindpipe, involving the vocal organs, and finally invaling the lungs. Chills and fever, night-sweats, dobility, and rapid emaciation

seine their suffering victim, and some death about the mehandedy scene. Such is the natural course of this discose, in many instances, when left to itself, uncommissed by remedial measures.

VARIETIES OF BEOOGHTES.

In some cases, beonehitis does not proceed, in all respects, in the way above described; but after being focuted in the throat for a longer or shorter period, it desuppears from that part, wholly or partially, Screness, swelling, dryness, heat, do., subside, and the voice becomes clearer and stronger. Still, the cough and delidity continue; large masses of phlagm are raised; night-areats continue unabated; the breathing equally, perhaps even more, oppressed; and the defusion of being better, if it had existed is soon gone. The humor has left the threat, only to take first hold upon the Impx. Hence we see the luminent shaper of destroying the lungs by driving humor from the threat, without at the same time preventing its falling on them. I have seen hundreds of perfectly combly cases of broucletts, in which the disease has been driven from the threat to the longs, and thus producing true broughts) tabercular consumption. A large proportion of the cases of cough seem to begin, at first, in the throat; and not until late in the progress of the disease, can the patient be convinced that his lungs are in danger, or that those organs are linble to become the sent of the complaint. In fact, almost every consureptive is deladed in this respect, and so delays, for many most procious months, often, when a few days of proper treatment would have removed the disease, which the delay unker difficult and dealitful of ours. Physicians, too, often heditate to warn their patients of their danger. They find it very easy to persuade them that their disease is only a little throat trouble, and dislike to sham them by mnomeing that they have consumption.

After broachitis is fully established in the Imgs, it may remain there, for many years, a simple skin disease, flactuating in intensity as the seasons change, or the general health of the potient varies. If the general health is lost, or if, from any cause, at any time, it is greatly reduced, tabercles may be deposited in the lange, and the potient may full a virtim to final broachial tabercular sonsamption.

I would add, that the climate most favorable to the invalid suffering

from broad-itis, so broad-ial consumption, is the one most exempt from sudden changes of temperature, and from dampuces,—one that is mild, not subject to the extremes of heat and cold. It is a mistake that a very bot climate is desirable. One only moderately warm, is far preferable. An equable temperature, a dry atmosphere, and a prevailing beight, clear sky, is the best climate which the broad-ial tonsamptive invalid can select.

IN RESOCCIONAL CONSCRIPTION CURABILE?

It will be recollected, as I have before said, that this form of consymption commences with a true skin disease, located on the membrans living the aintubes and cells. It is frequently left there by mendes, whosping cough, searlet fever, a common cold, dec. Although not confined to any age, it is one to which children and old people are most soldjeet. It may, indeed, begin in childhard, and hat through a long life, to old age. It is sometimes obsticate, and always dangerous; and although after it has been long established in an aggregated form, there may be alarming symptoms,blood and bloody plifegus may attend the harmeing cough-emaciation, less of strength, distress for breath, &c., may be present, and the lungs may become wasted, and their structure changed,-still, it gives me pleasure to say that this form of consumption is perfectly curable, before the general health has become so far prostrated, the constitution so for undermined, and the lungs so for disorganized, that there is not vigor enough left to adequately respond to the remedies used in the system of treatment I employ. There had the great extisfaction of swing thorsands of this show of invalids got well under this treatment, and could present their names and history. 1 will, however, mk the render's attention to only one. The case it one of complete recovery from a disease which was clearly and undeniably true bronchial subsreadur consumption, advanced to a late stage.

Case of Bronchial Communition oured.

The subject of the following case was S. B. Dodge, of Yorktown, Westchester county, N. Y. His cough commenced in early childbood, and followed and harasted him forty years. When he came to me he did not remember a night or a day, in that long period, in which he did not cough. There had been times when the cough was very severe, accompanied by expectoration of great quantities of neutrer, and after blood. He was greatly ensembed and debifitated, and had been simble to do any work for over a year. I found both lungs builty diseased—the left nearly destroyed. His whole left lung and side were so much affected that he could not left his left land to his lead. Of course he had not the lund expectation of a cure. In five months from the time he commenced my treatment, his health was restored, the cough had left him, and he was well. He called on me first the 29th day of August, 1850. Almost one year from that time he called on me in behalf of a sick neighbor, and said that himself and two others moved flows seven acres of grass the day before. He still enjoys excellent health. I permit Mr. Dudge to make his statement in his own language.

Statement of Mr. S. B. Dodge.

"Dr. S. S. From :-

"Toursons, Westmarer Co., N. Y., Jan. 9th, 1851.

"Dear Sir,-I into lean orbject to a cough and expectoration as long as I can remember. I am ferty-two years old. I gradually were those, so as, the last year, not to be able to work at my trade, shormaking. Left side became so much affected, as to lose the use. of my right arm and shoulder, pretty much. Cough extremely had, and releing vast quantities of corrupted matter, and bloody philogra at times; pulpitation of the heart; constant diff headache; fever daily, and chills secusionally. Never knew a good night's rest, imbroken by coughing. Stormels out of order; some distress after enting; sickness of stomsch. Doctored much, and of all kinds; not much help-only a little temporary relact. For our year I could do no work, and was scarcely able to walk. I gave up all hope of relief, In this state I called on you, at 707 Broadway. You examined my thest and whole case. You said you thought I could get well, On the 29th day of August, 1850, I took all your remedies inhaling tabe, shoulder-brace, expector, and medicines- and all seemed to agree perfectly. I took the medicines about two months. I now seem to be perfectly well. I have gained twenty-one pounds of flish. I still use the tabe, brace, and supporter, and free cold bothing every morning. Your remedies have been in my case all

that praise can bestow. I work daily at my trade, and with happiness.

"Respectfully yours,
"Starture B. Donan."

In concluding this subject I would repeat, that in nearly all cases
of complicated constrainties, broughties, in some form, is one of the
mischierous partners; thus forming broughted tubercular consumption, broughted astlematic consumption, broughted terpetic (or liver)
consumption, beauchted bowel consumption, broughted congestive consumption, &c. These varieties of consumption, and the menning of
the terms I employ to designate these, will be found fully explained
in the subsequent pages.

REONCHIAL TERRECULAR CONSUMPTION:

Broachial tubercular consumption is, per arcelloses, the disease nounly suffed consumption. It is the one which prevails in the preportion of about one bundred to one of simple tubercular consumption. It is the disease which sweeps off about fifteen per cent, of the
whole human family. It is confined to no locality; no portion of the
globe is exempt from it, and no nation or tribe of men is known where
it may not be developed. It results from the union of two distinct
diseases, beated upon the huge, and which I have already described;
the broachitis being a true skin disease, an active principle, an aggress
sire enemy, that attacks the threat, the vocal organs, the usudpipe,
the traches, the broach, the sincells of the lungs, and, in fact, the
entire skin or miscous membrane, which lines all the air-passages and
nis-cells of the lungs, that are visited by the atmospheric air is requration.

In nowly every case, the broughts begins in the throat, about the root of the toughts, and back of the curtain of the palate. From these parts it extends more or less gradually to the largus and all the vocal organs, readering the rote basky, inducing hourseness, soreness, dryness, and heat in the throat. Pain is often experienced on smallesting. The voice, in these cases, is greatly enfectled by conversing or public speaking, which often induces even distressing basineds and fittigue all over the system. Herming, hawking, or scraping, at first, embles the sufferer to clear his threat. At

length a cough communeou, not steady at first, but continuing for one or more dres, then ceasing, until, by a cold, or more other exciting cause, it is renewed. At each return, the cough continues longer, satil, feally, it is permanently established. In the beginning, on looking down the throat, the parts involved appear red and inflamed, and the tossils often swellen. In an advanced mage of the disease, the diseased parts look rold and dead, and of a blaish-white color, with red engorged blood-result running over the binish white surface; whilst, at the same time, in a vast many ones, the heat, dryness, soveness, smarting, &c., continue instanted, and are truly terrible. It often occurs that during the whole course of the discuss. almost to its termination in death, even when the lungs have become very much wasted and alcerated, it is thought to be only a *little. throat disease;" the fact that it has gone upon the lange not being discovered, or at least not disclosed to the patient by his physician. In this way the fears of the patient for his large are anisted, and he is induced to submit to cruel operations on the throat, which only aggravate his condition by prostrating the system. Theorem's of patients are thus lafted into a final security, and, under the impression that they have only "throat disease," or only "broughtis," they direct their efforts to cure the threat, while nothing is done to protect or cure the lungs, which are slowly but surely decaying.

This possibil affection being a skin disease, resulting from poison or inquirity in the blood, no doubt exact counterparts of it may be found upon the surface of the body. In a vist invey men it has been known to exist both externally and intentally in the same individuals. It is often the case that, after a time, an external skin discuse will subside, and immediately an affection of the throat or lange will make its appearance. It is in most striking contrast to its fellow, with which it is almost always associated-tis, tuberesloss deposits in the lungs. Bronchitis is, as I have remarked, an active disease, making faroads, apparently, by its own inherent power of mischief; but inherculous is a simple regution,-it springs primarily from a negation of the vital energies of the systemfrom reduction of the powers of life-and is in no respect an active principle in itself. In its first inception, tuberde may be called an necidest. Tubercles in the lungs are at much foreign bodies as pieces of martie would be, although not as suddenly injurious. Hence, while the formation of tuberoles, and the occurrence of tonercular

commission is perfectly preventable by means at the command of almost every individual, broughtits is an active enemy, coniting from poison, and is not so completely and readily under our central. Thus it will be seen that broughts tubervalue consumption, consisting of two distinct discuss, must require distinct treatment and distinct remedies. Happily, however, the remedies required, though entirely different in some respects, may be made to homosize with each other. In the ordinary treatment of broughts tubercular consumption, as employed by most physicians, the medicines given do not harmonize: what is given for one affection increases the other, so that the general result of attempts to cure are found to hasten eather than retard the progress of the consumption. Sometimes the remedies are so improperly adjected as to advance both diseases instead of arresting either.

SAD POSSEQUENCES OF CONFOUNDING THE TWO DUMANES.

In pursaing the history of this twofold disease, we shall find a constart complication of the symptoms that characterize such when existing separately and in its simple form. Sometimes the brouchial symptoms will provail, and then the physician automore to his patient that he has only broughitis. At other times tubercolar symptone predominate, and then the physician informs his patient that subsycles have formed in his burgs; whose the fact is, that both unbercles and bronclistic are present. The same confinion taken place is the treatment. At one time the patient is treated very carefully for his beauthirles—be in bout in a warm room, sold air and out-door exercise are forhilden, histers are applied to the clien and threat, the threat within is conterized with nitrate of silver, a low diet is proscribed, stimulants and tenies of all kinds forbidden, expertorants administered-manoric, Schriftige, and reducing medieines, such as opism, ipsene, stuctie tartur, squ'ils, bloodroot, lobelia, telu, benozine, the turpentines, copsiva, and a great many others, are tapidly given; sometimes in very minute, and sometimes in large doses, in almost every imaginable variety of combination, and with almost every possible caprice in their selection. Ender this treatment. the broughitis, not unfrequently, rapidly disappears, and I might say the poor patient also; for his declinity strongth, and his attenuation, soon have but little of him either in unwer or substance. The nat-

wal supposition is, that the cure of his broactitis would be the epoch of his returning strength; when to and behold! it is only a period noted as a starting-point for a more rapid descent to the grave. The physician now at length discovers that his patient has subsercles in his lungs, and nothing can easy his disease. In fact, all the remedies he has employed, while they may have referred the broughitis, have, at the same time, actually aggravated the tabercular consumption to a truly incomble and fittal extent. In other words, every thing done for brenchitis, has only served to increase the tubercular discuse. The tubercles, I have before stated, see a coasequeuce of a debilitated system, the breaking shows of its powers, or vital forces, from whatever cause, whether mechanical compression of the chest, preventing full respiration, and arresting the circulation, or from disease in other organs, &c.; and these remedies tend to reduce the vital powers, and of course to hasten tobercular deposition. You will now understand why such a treatment may benefit broaditis, and at the same time modily increase tuberculosis, and its consequences.

Or the other hand, the physician who, at the outset of the discuss, promotions it purely inherentar, and communes a course. of tonies, such as from said bitters; or of alteratives, as indise and its compounds; of stimulants, such as wises, brandy, rum, alcoholic preparations, luxurious diet, Jos., will rapidly aggravate the brouchial symptoms, such as sore throat, loss of voice, bisky soice, violent coughing, &c. Then, when these appear, the physician wavers in his opinion, and, pronouncing the disease broachitis, and, throwing uside his first medicines, resorts to those remedies used for the care of broughitis. Thus his practice will fluctuate from day today, and from week to week, until he becomes completely confissed, and his patient thoroughly prostrated and dispirited. Then, in despair, the patient, and perhaps the physician also, ery aloud for some specific-something easier to think of and coner to take, than the unitiplied remedies previously tried. But as no one remedy is known that has ever been effectual in oming consemption, of course under the administration of any of the many popular specifies that may be selected, the patient steadily declines, and soon dies.

The consequences are very sad of thus failing to distinguish between broadsitis and toberculous, and of the halting, fluctuating, mis-

taken treatment above described. Not only is the patient's life often. sarrificed, where it might have been saved, but the cause of medicine itself is injured, and most unhappy remembrances are planted in the minds of surviving friends. The physician having, as he amproses, exhausted the resources of his profession, sees his putient die, with a profound but mistoken conclution that the discuss is in its nature incumble. He has seen all his consumptive patients die in the same way, and he expects to see all die, in like remove, in the future. It becomes, therefore, a settled doctrine with him that consamption cannot be cured; and the doctrine page so settled, all programs in medical science and shift, in this direction, are of course paralyzed. Then, ion, after death has closed the seems, to those who have stood by and watched the cibing life of the poor victim of such mistaken diagnesis and treatment, there come and recollections of the many cruel appliances and medicines employed, the enfirring they occasioned, and the injury, it is now clear, they really inflicted. The mother remembers how often the loved one begged, "Give me no more,-give use no more." She recalls the frightful blisters-the tecturing effects of the emotistartur mees upon the delicate, sensitive, shrinking bosom of her daughter. And as these harrowing memories come before Ler, there comes with them the agonizing thought that this whole treatment was a solohily, that only fustered the progress of discuss, instead of arresting st; that her during child had not only to suffer the painful offcets of the disease itself, but the tenfold more painful effects of the doctor's remedies.

One would suppose that such an experience would not be likely to be repeated by those who had beene a part in it—that they would rather be in itarger of becoming even distrustful of physicians, and disgnated with medicine; and that they would, at all events, promise themselves that never again would they allow any person over whom they should have control, to be so furtimed out of life. And yet it is usually the case, that when the same disease attacks the next member of the same family, the same physician is called in, and the same and some repeated. I know the motives impelling to his continued employment are very strong. He is their family physician; he is their confidential medical advisor; he is the personal triend of the family, and, as such, has shown a kind, sympathizing spirit; they are united to him, too by social ties; perhaps it is through him that they have been introduced into desirable society, even-society in which he holds a high position; they meet him at their social gatherings; his character is measurationable; his wife, it may be, is kind-over assiduous in her attentions to them, &c. All these circumstances combine to sway the unfortunate purents or friends of the invalid, and the still more unfortunate located houself. "It will not do," say they, "to offend our doctor, by using other remedies, or socking other counsel, thin his." Thus, notwithstand-ing his ill success, and his most injurious prescriptions, the next poor victim is placed in his hands; and he, not in the least dampted by his failure hithorte to even mitigate suffering, to say nothing of curing the disease, again prescribes the same remodies, which are again followed by the same fatal results. There repeatedly witnessed whole families, and even an extensive circle of relatives, thus conducted, one after another, to the grave, by the same physician, without one serious effort having been made to escape from this terrible probasional thraldon. When, as it not unfrequently luppers, the physician is himself a solution of the family in which the destroyer has appeared, this thraidon is still more lauciess. Purhaps consumption lays its withering band, in succession, upon his wife and all his children-perhaps on his mother or father, and his brothers and esters. Without a thought of appealing to any other authority, or that modicine has any resources which their relative and physician. does not commend, they all submit to the same treatment, and all sink down, one after the other, under the same hand. If a new remedy, or a new physicism, is, by my possibility, proposed, the first step is to by the matter before the family physicion,—the very man who has conducted this long procession to untimely graves; and he is formally asked his opinion upon the proposed charge! On any subject, except modeline, such a thing as asking a man to deny all his previous assertions, ignore all his previous reasonings, and confess that the whole course of procedure, which he has been parseting, has been a great and fatal blander, would be simply ridiculous. If your blacksmith had a favorite plan of shoring horses, by which he had rained the feet of all your houses, and those of all your neighbors, would you, before going to another smith, call on him for his opinion mon the merits of his rival, and his rival's mode of horseshooing; especially if he were to confess, at the centeet, that he knew nothing of that mode, and could not practise it? If you should do so foolish a thing, would you not expect, as a matter of course, his answer to

be, that no man could show houses better than himself, and that his rival's "system" was a hoodboy? Hen such a folly is perpetrated every day, in consulting the family physician about an abandon-ment of his practice, and the comployment of a new one, for lung complaints. What is worthy of note is, that this folly is most frequently witnessed in what are termed the "upper circles,"—among the wealthy and fudicable, and even among those distinguished for refinement and education, where we might reasonably look for more good sense.

In December, 1847, I was waited upon by a young pentionen of wealth, education, and high personal respectability, for consultation on disease of his lumps. I felt confident, other a sureful examination of his lungs, that he might be relieved, and, perhaps, permanently ested; at all excess, that his his might be prolonged for years. After giving my opinion he said : "I will go round to my uncle's residence, where I am now staying, and consult their family physicim. He visits my mole's see there every day, who is in consumption," And he added; "Uncle has lost six of his children by consamption. And died of it, and the son, who is now sick, is the last of the family, except uncle. This doctor has attended them all, and he can tell all about what I should do? In just ninety days after this, I received a letter from the young man, dated from his bedchamber, at Coxsiekie, N. Y., a town hordering on the Hudson River, saying that he was now anxious to try my remedies, and would do all that I might prescribe. He begged that I would send him some medicine, saving that his breaker, then in New York, would call and get it. The tone of his letter indicated an awakening to a sense of the greatest danger. His boother called and informed me that he was going to Coxeckie, and would carry such remedies as I might please to send. I told him that, in all human probability, his brother would die heftre his arrival at Consackle; his I added, I would send some medicines, which he might return, as his beother would never use them; that I would do so, that there might not be evinced the least unkindness on my part. The second day after this, he zerived at his father's, at six o'clock in the morning, but only to witness his brother's death, at twelve o'clock that day.

Fifteen months afterwards. I was called from my consultation room, which was on the second floor of my house, and requested to go down to the reception room, on the first floor, to see a young gentleman who was very sick, and wholly mable to accord the stairs. I there found a young man almost in the article of death. I can never forget his maxious, despairing expression, and his blue, pullid, corporable countenance. A memorate examination of his chest and longs, told too plainly that he was near his and. His mother stood by, and maxiously strove to remainants him. I asked his father to my consulting ecous, and in a few words explained to him that his son would live but a very sheet time.

"Well," said be, "it is God's will. This is the last child I have. You will, perhaps, recollect that his beother consulted you before he died,"

The idea now flashed upon me, that this was the identical young man who, apparently in perfect health, had called on me rifteen months before to obtain relief for his brother, and whom I had, at the time, carnestly admonished, that if he were taken ill, or experienced my consumptive symptoms, not to disregard them, or delay for one hour applying to me. Such was the fact; but the admonition had been in value.

His father, too, had seen all his children fall, one after mether, victims to consumption. He had had the most impressive lessons often repeated, both of the danger of delay, and the worthlessness, in this disease, of the treatment under which they had died. He knew, too, where relief could be had. But all these lessons had been threen away. I said to him: "Is it possible that you can ever visit the graves of your children with a clear consciouse?" Why have you stood passively by and seen them submitted, successively, to the bands of a physician who teld you in the beginning that he could not save them, but could only hand them down to the grave on an easeer path? Why have you made no effort to secure them effectual help, until help has been impossible?" He could not reply; and I do not wish again to witness such a seem as that purent's secrew and regret—in truth, I may say, recovers.

On the subject of consumption, it does seem to me that in subtitudes of people all common sense is utterly repudiated, all experience thrown away, and a most insure felly allowed to triumph with the invalid and his friends. But what shall we say of the physician, who, losing forty-nine cases under the same treatment, will some upon the fiftieth, and contend most obstinately for the privilege and the right to exhibit, in this fiftieth case, the same remedies which he has seen to full in the forty-nine, and which he never knew to succeed in one, --other fulling even to mitigate a single symptom?

I will not pursue this painful subject may further; nor need I add that in many of its details, and in thousands and tens of thousands of examples, credulity itself would be shocked if the whole truth were exhibited; nor that the treatment of long disease, not only by a great many empiries, but also by a multitude of the most eminent, learned, and legitimate of regular physicians, so called, could be proven to be the vilest charlatanism that ever scourged markinst.

TREATMENT OF TRONCHLAR TERRITORIAN CONSUMPTION.

In the treatment of broachial tubercular consumption, the most hearty and confidential co-operation is required between the medical adviser and the patient. It is no common enemy with which we have to deal; it is a deadly for, whose blows are simed at the citadel of life, and whom poisoners broath vitiates and blights the vital forces; one which rapidly deprives the system of its recuperative powers, and its resisting espability, as I have heretofore stated. We shall find, in nearly all cases, the symmetry of the person impaired, some organs of the body more or less displaced, and the potient emociated. When the discose is in an advanced stage, we may find telecroles in the lungs, more or loss developed,-either in a crude state, or inflamed, or softening, or already softened, or dissolved, presenting electrated surfaces, from which pos is being discharged, and also absorbed into the system. In these features of the discuss, we may find most clearly indicated the treatment to be pursued. Our path is purfectly plain and obvious. We should, as an object of the first importance, aim to give perfect symmetry to the person-correct the storp of the shoulders, expand and enlarge the chest, and restors whatever organs are displaced to their original and natural position. Then memores should be taken to purify and eurich the blood, to import activity and vigor to every organ and function of the body, to raise up the general strength, to rally the reconstrative powers, to subdue every accompanying disease, and to remove every cause that can derange the nervous system of the patient, give him pain or annovance, or depress his spirits. To secure them ends is not usually impossible; and when secured, in conjunction with appropriate succional remodies, this disease may be conquered, the skin disease in the threat

may be sured, teherenious deposits removed, both teherenious and conderson ulcers beafed, and the lungs, as well as the whole system, led back greatly, and without shack or violence, to complete health.

Having thus, very briefly, indicated the enemies to be encountered, and the objects to be aimed at in conquering them, I will prooved to give an outline of my own practice in branchial tobercular consumption; postponing, however, to the second volume of this work, a statement, with prescriptions and formulas, of the various medicinal remedies employed by me.

STRUCTURE DESCRIPTION.

To restore symmetry to the shest, and came its expussion, I put upon my patients shoulder-braces, which support the shoulders in their natural positions, and keep their weight off the chost. To assist is expanding the lungs, I give them an inhaling-tube, by the slid of which air is gently forced into every portion of the lungs, and brought in contact with all the obscurted entiress. This is usually effective in opening the composted partions, unfolding these parts which are collapsed or folded up, and gradually detaching all the officeious that may have taken place. To give strongth to the shdeminal viscers and to the displanges—the true floor of the lungs and to relieve any weakness of the small of the back that may exist, I supply a perfectly fitting, and properly constructed abdominal supporter.

BATHING.

Instally advise bathing daily. The object to be secured by the bath is two fold — first, a condition of the skin, in which the prospiration is free and unobstructed, with a determination of the blood to the surface, thus granding the lungs and other vital regams against being unitaly congested; and, accord, an invigorating, healthful influence upon the nervous system. Usually, only simple pure water is required for an effective bath. There are conditions, however, in which salt and water, alcohol and water, pure alcohol, so in, or pearlach and water, or soap and water, are indicated; the particular element to be used depending upon the state or peculiarity of the patient. Persons who are telerably rebust, may usually boths in cold.

water. Where, however, the potient is much debittated or eracti ated, where the eigenlation is slow, and the vital powers feeled, and he has not been accessioned to bothing, he should commence buthing with warm or topid water, gradually lowering the temperature day by day, until he can use his both the temperature of the air in his room, so even solder. The thing to be geneded against is feeling chilly or cold after the bath. The patient need never fear a cold both so long as there is a roughte reaction to the surface, and he feels warm and comfortable after it. To promote these ands, he is to rub the whole surface smortly with a harsh towel, flesh-brush, or hair anitten, both before and after applying the water. When able to do so, he is to take some brisk exercise immediately after hathing. which will induce a lively circulation of the blood, determine it to the surface, and increase the flow of perspiration. I do not, except in special cases, recommend butting by immersing the body in water. There are instances where immercing the patient in a warm or hot bath, is called for; but in ordinary cases, and for general periodical buthing, the application of scater, or whatever else is used, by simple shistion, is much the better plan; in fact, the only one that should be adopted. The whole person is first to be miblied briskly with a most towd, until the skin is red and a warm glow is felt over the whole surface; then, with a spenge or cloth, the body is to be washed rapidly, wiped dry, and mithed again with a coarse towed. In this mode very deliene persons can bothe in quite cold water without implement sensations, and with great benefit. The bathing should he performed in a room sufficiently warm not to cause a chill. When the patient is very delicate, I use great cartion, commencing with warm water, and then gradually accountering him, or her, to the one of pure cold water, using every precaution to prevent taking cold. In no case do I employ cold ablittions under such circumstances as would greatly chill the patient; as this would tend to reduce and weaken him, in phase of restoring and elevating his strength.

ACCOMPANYING DISCOURSES.

It is rarely the case that disease of the lungs or throat exists unaccompanied by some such derangement, perhaps positive disease, of other organs or parts of the system, as calls for remedies addressed directly to them. We may find dyspepsia, often in an aggravated, distressing form,—disorder of the liver, polpitation of the leart, great nervous irritability, deranged circulation, enturn in the head, rhomation, some form of external humor or skin disease, obstinate constipation, or obvious discrebas, homorrhoids, sterios or urinal disturbances, or some other independent form of disease, complicated with the polinonary affection. It is true that these may exist as the consequences, to a greater or less extent, of the disease in the large. But it is equally true that they may be present as independent disorders, aggravating, if not causing, lung disease; and, so long as they are unsubdued, they render the cure of the latter well-nigh impossible. Whether they are related to the disease in the pulmously organs, as rause or effect, or not related to it at all, they demand, and I always give them, the most careful attention. Prompt and effective measures and remedies are used to oure them, and vaice the whole system and every organ to the highest possible state of health.

PURIFYING THE BLOOD.

While mechanical aids and external appliances are being employed to correct all departures from perfect symmetry of the person, to give full expunsion to the cleat, and especity and strongth to the large, to secure the complete and uninterrupted performance, by the skin, of its proper function, and to give tout and vigor to the nerves; while, also, the autient is placed, if possible, in a healthy location, where the climate is moderately saild, and the sir pure, clear, and bright,-where he has cheerful society and light, pleasant employment, diversified by healthful, agreeable recreations, -lis diet to be good, patritions, easily digestible, and supporting; and while all accompanying disorders are properly treated, I direct and concentrate all these measures, and the whole resources of medicine, against the fortress of the principal essence. This is found in the blood and flyiols of the spotent. Here is really the coat of disorder. The blood must be purified, cariched, and restored to its original condition of purity and completeness in all the healthy elements of life.

As I have before said, beneditis is a true skin disease on the lining membrane of the sir-tubes and cells of the lungs and throat; and this skin disease is acabing more nor less than the local development or senteresking of a poison, or impurity, or imperfection in the blood. In bronchial tubercular consumption we have this poisonous, active enemy as one of the principal agencies in the disease. We have with it, it is true, that segotive agency, telegralouis, resulting from the mere absence of vitality and vigor. But it should be remembered that the consequences of this prestration of the vital forces of the system are felt, first in the plaids of the system; these are depraved and corrupted by imperfect digestion and natrition, and the retention in them of waste and wormout dead matter. Thus it will be seen, that we find both of the destructive agencies of this discase—broughtal tubercular consumption—making their appearance in the blood; and it is here the physician must attack it if he would do it successfully. Indeed-as will more fully appear hereafter-it is true of every variety of concemption, whenever originating, that it has its seat in the blood; with the exception of obseration or decay of the large, that may result from mechanical injuries. In all its forms, it is a disease which has its sent in the deepest formdations of the constitution. It results from poison margled with the very published of life; and we cannot care consumption unless we thoroughly parify its poisoness fountain. No ulcors will bent,-no skin disease, whether upon the surface of the body, or upon the mucons membranes of the lungs or air-passages, -- no humor, whether on the skin, the storagel, bowels, kidneys, uterus, bladder, or class bore, can possibly be cared unless the blood be purified.

When we reflect that disease is an accidental sharge from a nutural so an amatural state, we cannot possibly conceive of any mode by which it can be produced—aside from mechanical injectes, the result of violence in some form—except through the agency of the circulating fluids of the body, by a poisso infered into them, or by the diminution or increase to excess of some of their elements. When this is done, we can see that nutrition may become imperfect or altogether interrupted, and the whole system thrown into confision, disorder, and a condition of decay.

We find in nature the most exquisite and perfect adaptation of many elements to our constitution. For example, pure water, to the tongue, palate, atomach, bowels, kidneys, to the surface of the body, and to the eye itself, is found to be perfectly adapted and agreeable, producing to irritation, nor any unpleasant effect whatever. Now drop into this water some foreign ingredient, such as lead, iron, arsenic, expect, salts, sulphur, baryta, time, made salable by combination with some other agent, or any decection of the

poisonous woods or plants,—then this faid may become acleterious, poisonous-irritating to the eyes, bowels, kifneys, stemsch, lungs, and skin, of course proportionate to the extent and character of the foreign matter incorporated with it. Again, the air in its countintion is perfectly adapted to man; it is the natund food for the lungs; it is life-bostoning, and perfectly and swortly adapted to every part of the human system with which it is designed to come in contact, and perfectly compatible with the asssibility of every organ. It is floating around to, and in it we are constantly innerval; -a ponderous body notif, yet its weight is perfeetly adjusted to our condition, so that we are constantly supported by it. In fact, it is truly impossible to contemplate the atmosphere and its adaptation to man, and not conclude that the same Mind designed then both. But change the weight of the atmosphere, or infine into its composition say foreign material whatever-usy of the minerals, vapors, or minerative gues—and it becomes a ready reticle for conveying the most subtle and dangerous poisons to every part of the human system ; and such poisons do, in fact, exist at times in the sir, and are fruitful sources of disease and death. Yes, however great the skill of the chemist, however refined and elaborate and delicate the researches by the most profismd philosophers, they may not be able to detect these poisons in it, or the least apparent difference in the constitution of the atmosphere thus leaded with the agencies of death, and that which is perfectly pure. Thus the quantity of these adulterations must be exceedingly minute; still, their effects are so pulpable, and so widely and universally known to produce discuss, that no person pevtends to deny them. Now, all these remarks in regard to air and water, may, with the same force and truth, be applied to the blood. The blood, as it flams through the system, equaldy, actively, and bealthfully, is a mild, bland, homogeneous field, corrying with it all the materials for mutrition; and the elements of force and savegth. It is perfectly computible with the sensibilities of every tisms, organ, and fibre of the human system, from the hours in its youngest and most sensitive state, to the most deficate, scattent acryes—the most complicated and exquisite organs—the eye, the cur, the pulate—everywhere and in every part bestowing only vigor, health, strength, and sustemmer. But if any foreign matter or agent whatever, whether it be mineral, animal, vegetable, or atmospheric, be infused into it, then its claracter is changed, and what was before so truly and perfectly adapted to the whole system, now becomes injurious and mischievous. As the elements that go to form the various organs and textures of the leaman body, such as the hones, muscles, tendons, ligaments, membranes, fat, loir, roils, doe, must be very diverse, it may, and no doubt does, often occur that some one of these constituents comes to exist in stress, or is diminished, or is perhaps taken out of the blood altogether. In such cases, where the harmonious proportions of the blood are thus disturbed, as well as when any foreign or poisonous substance is introduced into it, its adaptation to its natural purpose is destroyed ; it becomes too greatly or too little stimulating -not sufficiently natrition, or too highly so: instead of supensting and nearishing the system, it is inequable of wither, and irritates, secrebes, and discount. The extent to which the blood may thus become the medium of mischief, will depend upon the kind and degree of poison with which it is charged, or the extent of charge that has taken pince in its constituent elements and natural composition.

The great Author of our being, while he has colowed the human system with powers of self-reparation, has also endowed it with the powers of self-preservation, and the farsity of eliminating and separating poiseness or waste matter from the blood, and throwing it out of the system. But if there is a failure to de this, and it is retained, there is given to the system the power of locating these poisons in those parts of the body where they will be the least injurious, such as the skin, the external surfaces of the body, or in some of the more hardy of the internal organs, doe. Hence all the varieties of discuss in the skin, such as better, the various embes, seald besit, salt-rhoun, boils, earluncles, cancer, &c., and all the varieties of tumore; and I have no doubt that the difference in character and focution of these various humors, depends upon differences in the poisons which produce them. Some seek the scalp, others the hands, others the face, others the body or limbs, &c.; some spread over a great part of the surface, others concentrate in one position ; some appear only in the cyclids and in the eyes, producing partial or total blindness; some in the internal car, enoting deafness; some in one, and some in another part of the body. No portion of the body is exempt. from their invasion. Peison in the blood is not a single, uniform element is all eases; there is a great variety, and the different varieties exhibit themselves in this diversity of manifestation-modes

of development and difference in location. Hence no one remedy, or specific purifier, for the blood, has ever been discovered.

In some cases, deterioration of the blood, as I have said, takes place from an apparent loss, or excess, of some of its constituents. A most noticeable instance of this is found in the disense called severy; where the blood, which becomes so clonged as to disorganize large portions of the body, and came extensive niceration, is restored to a healthy state, and its loss or redundancy of constituents corrected, by even a few days of proper diet and medication, when the ulcerated parts will rapidly heal. There is no doubt that the location of any of these poisons upon any one part of the system is not a matter of accident, but that the poison has an affinity for the part to which it determines. Sore throat, which is often among the first symptoms of brouchial tobermar consumption, is no doubt produced by a particular poison in the blood: and although the internal organization of the threat is so susequible to impressions from applications to the surfaces, the parts being highly vascular and absorbers, even spongy-and although it is so easily reached for the purpose of unking applications of any medicines the physician wishes to employ, yet it is found impossible, is a rast many rases, to cure the disease-a simple sore throatwithout employing remolies saited to purify and renovate the blood, and rally the general system.

The medicinal remedies—embracing a wide rarge in numbers and varieties—employed in my practice for purifying the finis of the system, and affecting the general condition, and which I believe are indispensably necessary in the cure of consumption, will be fully discursed in the second part of this work, to appear in a separate volume. In relation to them, I will here only observe, it is a remarkable fact that any medicinal agent which is found to be effective in curing, subdaing, or alleviating cough, or any of the various forms of lung disease, will also be found an effective remody for some form of skin disease, when applied externally. This remark will hold true of all the narcotics, the expectorants, the solutives, the tenies, the terebinthines, &o., used for the lungs. Indeed, I do not know an exception to the rule.

MANAGEMENT OF THE COUGH.

While it is unwise to employ any very active measures to suppress or stop a cough—which is only a sign or consequence of disease, not a discuss itself-still, where it is constant and hurseing, indicating great irritation of the lungs, or where it is attended by profuse and exhaustive expectoration, I employ remedies to moderate and control it. When the lungs are much congested, I strive to unlead them by both equaliting the elevalation and gently stimulating their secretions. As a general rule, however, I seek to diminish rather than increase the muccus discharge from the lungs, as such discharge is always salventing to the patient, and should be avoided if possible. I do not, therefore, as a general practice, employ to any considerable extent powerful expectoracts, preferring that there shall be so little discharge as possible from the mucous surfaces of the lungs and threat. I find that I can, in a great measurance ure, avoid the necessity of this discharge through these organs, by directing the secretions to the other outlets of the body that are in a healthy condition. To this end, I open and stimulate to some extent all the great emergetories of the system, - the skin, kidneys, bow. els, &c., thus inducing them to perform a species of vicarious labor, and expel matter which would otherwise find it way out through the pulmonary organs. In this way, prostrating experioration and coughing may be relieved, and rest given to the lungs; while at the same time, no injury is inflicted upon the general system, which would otherwise follow a suppression of secretion in these organs. I would further remark, and in a measure report, that while I

I would further remark, and in a measure report, that while I would do all is my power to control the enigh, I would not for a moment attempt to suppress it entirely. There are many cases where, if the cough be suppressed enddenly, and at the same time masses and paradent matter continue to secrete in the large, the most serious consequences—iften death—will immediately follow.

It not unfrequently occurs towards the close of life, that the cought entirely ceases; and the physician, decrived by this apparently favorable symptom, will anneance that his patient is very much better; when, in fact, it is only an inflication that the power of ejecting the accumulating phlegm is lost, and that the last sands of existence are running out. When the cough, from any cases, thus ceases, while secretion or alcorous discharge continues, the lungs soon fill up, and the potient sufficates.

I once knew a gentlemon (not a patient of mine), suffering with pulmonary discuse, who, having been for a long time so harmsod by his cough as to be unable to abtain sleep, at length took a large dose of opium to allay his cough. The consequence was, he slept twelve hours without coughing at all; but upon awakening, he found that he had neither disposition nor power to cough, and that his longs were much filled up. He died within two hours from the time of waking. I knew another similar case, which occurred in Portland, Me,—that of a gentleman in consumption, who, although able still to be about and out of doors daily, suddenly lost his cough, and died in three days.

To shor the lungs of their accumulating mucus, and to promote expectoration without increasing the accretions, one of the most valuable agents is the inhaling-tube, which expands the lungs, opens their alcorated surfaces and adhesions, overcoming the glasy tenacity of the mucus, and this in the most efficient masser, and with linthe exhaustion of the strength of the patient. Where the patient is strong, he may take long, full breaths, and expand and open every part of the lange without the aid of the inhaling-tube.

APROLLAL STREPPONS.

Should any other organs of the body, besides the langs, he in a state of unhealthy excitement, I endeavor to scotle and restore them to a healthy condition. Where there are night-record, I correct them, because they so greatly reduce the general strength of the patient-thus, I believe, promoting tuberculosis, instead of tendsig to cure, as is the theory of some. I never, of course, give disphoretics where the skin is highly excited; nor discreties where any symptoms of diabetis are persent; nor enthantic medicine in cases of chronic duerhou; nor do I stimulate the liver when it already socretes too much bile. But I aim gently to bring back all the organs, as for as possible, to a natural condition, without, however, the use of violent remodies. For example, -should I find an active chronic finerhora, that has continued any considerable time, I would not molden's arrest it, because the suppressed secretions might full men the longs and throat, aggravating their diseases; but I would, gradually and gently, correct this abnormal condition; while at the same time I would endeavor to strengthen, invigorate, and fortify the lungs. If the appetite is poor, especious, or inordinately eraving. I would endeavor to regulate it and bring it to a healthy and natural state. If the powers of the stomach are feeble, and digestion

imperfectly performed, or if active or possive syspepsia were presest, I would do all in my power to remove this condition. If pilos exist, I would take effective measures to cure them. If there were any tendency to constitution, I would at once relieve it by proper laxatives, so selected and exhibited as to stitualate the borrels to a gentle activity, without at the same time weakening them, or aggravating the costive habit. Should rhomation appear mywhere, I would use means to remove it. If the action of the heart and circulatory encom is disturbed, I would endower to correct it; if tee active, I would reduce the excitement; if too feeble, I would increase its action; if irregularity and pulpitation exist, these most also be represted. The chills, and the favor following them. I would remove by the exhibition of appropriate remedies, Thus, by a careful attention to the condition of the patient, I endeaver to bring every teges into full and lumonium activity, and raise the state of the whole system to the highest possible condition of health.

PURE AUD-REALTHY CLIMATE AND OCCUPATION.

Offertimes the patient finds binowlf in circumstances where the air inhaled is impure, infected with minora, impregnated with poisonous vapor, or leaded with mechanical impurities. He should strive to escape from them. As a general rule, one to which there is rarely an exception, the worst place for the consumptive is where the disease originated. This is the fact with reference to chroate. The remark auplies with still greater force to the house or the room he may have long occupied. This may become thoroughly poissnors, from the efforcia of his own breath and the exhalations from his person. Hence, in all cases where it is possible, I urge upon the patient a clonge of residence and climate. I induce him, if he can, to take up his residence at some distant point—the farther off, usually the better. The European may, with advantage, risit this country; and the American may be much benefited by going to Europe. The consumptive inhabitant of a warm climate may usually safely resort to a colder one. The inhabitant of a cold climate I advise to seek a new residence in a temperate region, as he is rarely benefited by going to a very warm one. The climate that is temperate, ecol, dry, and bracing, over an extensive range of country, such as is found in the

middle latitudes of this country, where can be enjoyed mountain air in the summer, and the milder temperature of lower locations in winter, will be found best adapted of any that can be selected to the promotion of health, and a powerful auxiliary in the cure of lang disease. A residence in a city is oftentimes very useful in the winter season, because the patient can here take more exercise than be can usually obtain in the country.

Daguerreotypists and workers in metals, -in machine shops, formderies, &c., where injurious gases are generated, and the air is loaded with impurities,-who find their large diseased, should quit their employments instantly, and never return to them till the diswase has been removed, and their bealth permanently restored, Workers in flour, cotton, or woodlen mills,-grinders of centery, polishers of wood and motal, laboring where the air is necessarily filled with dust and minute particles of iron, wood, do, should, when their lungs fail them, leave their work immediately, and well pure air by a change of location and employment, until every vestige of lung disease disappears. Public monkers should shandon speaking, professional men their studies and offices, students and clerks their desks, and merchants their counting-rooms ;--all the lurassing influences and depreoring cares of any and every occupation should, as far as possible, he avoided, until health is obtained; remembering that pure air is both food and medicina for the lungs, and that the importance of invigorating, bealthful, out-door exercise, with a change of some and employment, cannot well be over-estimated. Pure cold water, gusting from the hill-side fluntain, is not more grateful to thirsty lips, than is sweet, fresh, pure air to the enfectiled, irritated, inflamed, or ulcerated lungs.

REDUCERAL INDIALATIONS.

In some cases I cropley, with apparent benefit, medicinal inhalations to act upon the inflamed, invitated, or observed surfaces of the large and thront; but never for one moment do I think of depending upon these alone for the cure of any discuss whatever, and certainly not for the cure of polymonary consumption. The sublect of medicinal inhalations will be further noticed in another pince.

DEED FOR THE POSSESSITE.

No very specific rules can, with any profit, he given to the consamplave in regard to his diet. He may cut what he finds to agree with him best. Every person has his own experiences in the matter of food; and he these experiences, in the exercise of good common sense, he should be guided. Some such general rules as the following I give my communitive patients:-Your food should be thoroughly nutritious, digestible, well-esoked, and taken in quantities. for the fallest nourishment of the system. Do not undertake to regain hould by "dicting," by which is neally meant half-starving one's self. Live rather above than below your average diet when in health, if you find you can receive the food without any fielings of oppression or disturbance from it. Do not, of course, overload the storesch; and be particularly careful to retrain from food which is found, on trial, to be indigestible, or to cause herviness or inconvenience. Late hearty suspens should be avoided by every one, and particularly by the communities. You should, of course, have a regard to the debilitated condition of the system-and to the fact that the digestion may be weakened, and the strength so impaired that what you once could bear, you carnet now. The food should, if possible, he made to contribute to build up the strength, and raise the depressed vitality, and course the system. You must understand, however, that the appetite is not always a safe guide. It may have become depraved, and crave feed which you will find to be injurious. As I have said, common sense must be consulted, and your best judgment called in to guide and direct. The hest test of a proper dist is the effect produced on the patient by the food while under the process of dispertion. Therefore I say, out what pleases you heat, if it is at the same time that which agover with you best. Study your own experience, and be guided by it; recollecting that your object should be to secure the greatest possible amount of healthy nourishment from your food. You will find these as safe rules as may hid down by any writer upon the subject of dieteries,

RIMITERS WHICH SHOULD BE RARRLY OR NAVER THER.

There are some remedies that have been, and are still extensively used in lung diseases, by many physicians, which I rarely or never

employ; believing that, when in any manner generally resented to, their injurious influences for outweigh all their possible advantages. I will mention a few of these remedies.

GENERAL BLOOD-LETTING.

This I rarely, if ever, advise in chronic pulmoury affections, Levelos I succtimes beneficially compley, but with great caution. When the furtion of blood letting provailed in consumptive diseases, its injurious effects became so dreadfully apparent, that it is only surprising it has not been, not merely partially, but totally abandoned. It cannot be productive of pornament benefit. Draw off amotents of the blood, and the other tenth will retain the same poisons, and be wanting in the same constituents, as the whole mass; and although, by speropriate netriment, you should restore the quantity of blood lost, that which remains after such blood-letting, becomes a leaven by which the whole mass may be converted into the same state as before any was taken from the system. Blood-letting, to a moderate extent, may be a proper remedy to arrest general or local phiethers, or congestion, or inflammation; but us a carative agent in consumption, it is not to be thought of for one moment, for it will simply reduce and prostrate the patient, without caring any of his discuss.

PERSONAL PROPERTY.

Vesicating or blistering the skin, to any considerable extent, I never practice;—in fact, I never like to break, in any way, the skin covering the close or the throat; for if the Image are weak, requiration will be very much impeded by the seres and pain thereby occasioned—especially by the application of blisters to the walls of the chest. In advanced consumption, rapid prostration often follows the use of blisters. I have witnessed great numbers of these cases, where very great harm has been done by blistering the chest; and I would must carriestly implore physicisms not to employ extensive voication. It usually produces a thousand-fold more injury than benefit.

It is but every recently that a buly called on me, whose father, an eminent physician, had applied a large bilster to her chest when she was a child, which produced extensive resicution; alonghing of the skin followed, and a terrible sore was made, which, on healing, left the whole top of the clast covered by a dreadful scar, ascending some distance up the threat, and descending half-way down the stemans, or breat-bone. One can hardly conceive a more barbarous treatment. In the case of children, so blisters should ever be applied to the clast. It is to be harmeted beyond all expression, that children should have inflicted upon them the same terturing applinances that are made to the clasts of healthy, robust men,—obtaines with the same degree of strength, and the same vesicating power. They are frequently obliged to endure the terture of fly-blisters, which are kept in the shops, of equal strength, for young and old. The remarks I have made upon blistering, will apply with tenfold force to the application of

EMPITE TARTAK.

This chemicalized mineral is one of the most savage and painful caustics known to us. Its application causes the most cruel suffering, and often, particularly in delicate subjects, it produces extensive electricists. I never employ it alone in any manner; and wherever I can exercise my influence whatever upon physicisus, I implore them never to apply emetic tartar to the surface of the human body, unless in a state of extreme dilution. There are mony cases, it is true, where a mild counter-irritant becomes very valuable. In such instances I employ some mildly eliminating appliances for a short time,-for instance, a simple metand-positive,-until the skin is slightly reddoned and heated up. I then remove it, and apply a eleth dipped in warm water to the part, frequently changing it. In this marter can be obtained all the benefits to be dedyed firen any form of blister, and without indicting suffering, irritating the nervous system, decauging may function, or reducing the strength-results that are sure to follow the application of emetic tartar or fly-histers. I also employ subefacient and anodyne liniments, to remove pain, or to being to the surface any humor that may be located internally bescath it. For example; in seer throat I find a substanted between to be highly undst, and, indeed, all but indispensable. I accordingly use it is sligget every case.

CHOOTON OIL,

applied in moderate quantities to the threat or chest, in cases where there is much pair, and where the langs and nir-passages are greatly irrusted, is often very useful simply to produce a slight irrustion upon the surface; but it should not be so applied as to induce extensive sores. It may be allowed to produce a free, full rush upon the skin. This is sufficient to procure all the benefits of which it is capable.

MERCHAN.

I never employ this mineral, in any manner or form whatever, in long or throat diseases, except in a state of very great attenuation, and in minute quantities; and then only in some rare cases, in combiration with other medicines. Some of its preparations I never onploy at all in these diseases. For instance; of calonel (submuriate of mercury), I have prescribed but two grains in the last right years' peactice. It is a most injurious agent in every form of disease of the langs. In the very early stages of true bepotic consumption, it may be exhibited in very small quantities, to excite and clear the liver, without much injury to the lungs; but as I can accomplish this end by other remolies, I never employ calonel under any circumstances where the lungs are discussed, or where I have any reason to suspect my latent tendency to tuberculosis. I sever salicate the patient; and I find that mercurials of may description, introduced into the system in pulmenary discuss, are calculated to do great mischief, unless their administration is so guarded that they do not enter the general sireulation. This, havever, in very difficult; and the only safe course is never to give mercurials in cases of taberrulosis, or to persons predisposed to consumption. Indeed, mercury may be made to produce tuberoles in the lungs, by reducing and undermining the constitution; and its effect is rapidly to soften any tubercles that may already exist in the langu.

CHAPTER IV.

PULMONARY CONSUMPTION-ITS VARIETIES-(Chause)

ASTRUBA.

There are three great diseases affecting the lungs and sir-passages, universally noticed in medical books, and recognized by physicians: these are broachitis, inherentar constriction, and asthma; and of all, the greatest passile is asthma. Whilst nearly every physician in ready to give a precent exposition of broachitis and inherentar consumption, yet, in a vest many cases, they acknowledge asthma to be a disease most difficult of explanation. Asthma occurs in persons of nearly all ages. It is noticed in children, continuing through all the periods of life—childhood, yeath, manhood, and old age, may all be subjects of it.

Anima is divided in the books into two varieties,-the dvy or spannedic authors, and housed authors; from the fact that the fiemer is attended with little or no expectoration, while in the latter the secretion and discharge of muon from the lungs is often very profess. In both forms of authors, the leading symptom is difficulty of breathing; commencing in a mild way-perhaps only a little abterness of breath upon retining, or as the night approaches. Upon taking a slight cold it usually becomes much aggreeated and in changes of weather from heat to cold, the occurrence of easterly winds in this climate, and winds clamp from the sea, and all changes from der to wet weather, the difficulty is increased. The very appreach of a charge in the weather, is amounted to the asthurtie potient by an aggravation of all his asthuratic symptoms; the fifficulty of breathing being much increased in some instances almost to suffication. The discuse may be slight in its early stages, but, as it. progresses, becomes augmented to a terrible intensity; and the paroxysms, which were at first of only a few boars' duration, may eventually continue through the entire night, but almost always are mitigated in the morning. The putient soon finds it impossible to

the down in bed; he assumes the sitting posture, with his head and chest bent forward, and leaning upon some supporting object. He struggles for air; and while his chest soons sufficientingly full, still he longs for more air; open windown and open doors are most grateful to him; conversation becomes almost impossible. As the night advances, his symptoms most usually mitigate, and he gradually brings himself into a reclining posture; in this state be in able to sleep for some hours. One of the most distinctive symptoms of asthma, distinguishing it clearly from tubercular or broached consumption, is the rapid colargement of the chest. In tubercular consumption, the closs shrinks, especially over the lung most affected; but in asthma it rapidly enlarges, and particularly in those parts affected by the asthma.

I have seen one ling in a state of confrmed asthma, whilst the opposite lung would be in a state of tubercular consumption. In tubercular consumption, or broachial tubercular consumption, the averageoms are always nearly uniform from day to day our sublenchanges are noticed; but in asthma, the disease is marked by pareavenus or exacerbations; the disease continuing from one boar to a number of days; and, finally, in many persons, other a period of menths or years, the disease becomes entirely habiteal, and each peroxysts of asthma will continue, with little or no alteration, the whole tweaty-four hours,-day after day the sufferer, perhaps, not being able to lie down in hed for a whole night for morals, and even years. In both kinds of asthma, at the commencement of the discase, and usually at the commoncement of the recurring paroxyons, where the discuse is established, we shall generally find some of the green summetories, as the kislings, the howels, and skin, more or less inactive or closed; but towards the termination of the perceyous, in dry nothing, we shall notice an increased discharge of trino and freer perspiration, or a more active morement of the howels-more mustly, increased action of the skin or kidneys. Relief usually soon follows the increased activity of these regard. In lumid ashins, the paroxysms generally terminate by copious secretions of mucus in the langs, and free expectoration; as soon as a free discharge from the lungs takes place, the terrible struggle for breath is mitigated, and the periors soon finds he can lie down and rest. This grateful relief continues, and becomes more and more considers, until the correction emissides entirely. In a great number of persons, at the

50 ASTRIMA.

termination of the authoratic paroxyon, the incorresience from the difficulty of breathing seems to be removed almost entirely,—only a very little weakness perhaps remaining, and they are seen found rigorously pursuing their usual occupations, when perhaps only the night before they were struggling most intensely for their breath, and apparently at the point of sufficience. In fact, it is one of the peculiarities of authora, that very other it would seem not to impair the health or vigor, and will continue in this manner to old age; in some instances, it seems almost a prospect to old age. In other cases, however, it has a debilitating effect, and by more or less accelerated advances, it crushes the constitution, overcomes the strength, and gradually passes into authoratic consumption, or terminates in universal dropsy.

In all carieties of asthua, by proper romedies, or by the intervention of leng fits of sickness, or by charge of climate and residence, more or less protonged, the patient often recovers, and is entirely cured; in him, it may never make its appearance again.

In these cases, however, after the lapse of some years without the supervention of any asthmetic symptoms, the large are liable to become again affected, but now usually in the form of beomhitis or tuberculosis. Neglected colds, or any cause which tends to develop broachial irritation or tubercular deposits, are more liable to produce these discusses in persons who have once had asthme, thus others; and many who have recovered from asthma, after laving mjoyed years of good health, finally, for want of knowledge, or from carelosmess, become subjects of true tubercular commuption, and fall victims to its aggressive meanlis.

It should be remarked, that a peculiar feature of authma, in which it differs from most other affections of the pulmonary organs, is, that it has a tendency to cause an expansion of the large, and very often it leaves a permanent enlargement of the chest. If, however, tuberculosis follows, the chest again contracts, and the large shrink, as in other cases of that disease.

WHAT ASTRIMA IS,

Asthma itself is a skin disease, occupying the lining membrane of the sir-passages and nir-cells, and is subject to the laws of all skin diseases.

Sudden paroxyags of softma are occasioned by endden exportsations of the skin disease. The dry form of authors-the spannedic or crospy asilma-is rarely or ever followed by secretion or expectorstion. It is unalogous to scaly lepeuer, or ringworm, or tetter, which appear upon the surface of the hody, and often continue for years, without producing any, or very little, discharge, only throwing off occasionally dry scales. These surface discusss are sometimes found in an active state, sometimes apparently almost disoperating, but always influenced greatly by the changes of the seasons, and varicties in the weather. Most of the skin diseases are worse in the suring of the year, and the close of paturen, and in early winter. Some forms of the dry skin disease are only noticed in warm weather, each as hives, prickly-heat, dor. The dry asthma seems, in most cases, to not very much like these external skin diseases, and to be governed by much the same laws. Hunid asthma seems to me a true soft-shorm upon the lange-a true cozena in all its phenomena. In all its varied symptoms-its commencement, its progress, its termination, and periods of development, like the sultabeum, it is almost universally more aggravated at the closs of the winter months, the spring, and the commencement of the cold weather; whilst in some persons, in summer, it comes altogether. Appearing externally, in stands out, unuistaltably, soft-shows: It is undoubtedly the same lumor, located in certain tissues of the lungs, which constitutes the well known and well defined burild actions.

In some instances, asthma purtakes both of the dry and burnid character, showing that it is a complication of certain original skin discuses; the dry or hund authors predominates, as the dry form of skin disease, or that attended with humid discharges, prodominates in the system.

CAUSES OF ASSESSAL

Haring endeavored to give a true idea of the nature of asthma. I will now notice its causes and the manner of its production; and the reader will, I think, study anticipate some, at least, of these causes. At the very head of all, stands the suppression and driving in of all skin discusses, in whatever form they may have existed. Whenever any of these skin discuss retire from the surface of the body, and so measures not taken to parify the blood and sensors the points from the system, they will, almost invariably, determine upon

SS ARTHUMA

some of the internal organs. They are most likely to fall upon the lungs; and when this is the case, the effect is, in a multitude of instances, to produce asthma. The suppression of scald-head, ring-worm, tetter, acre, and the drying up of old sores, will sometimes produce asthma. The infections diseases called constlement—thou skin diseases which appear upon the surface of the body in the form of rash or cruptions, as scarlet fever, member, dot,—which sometimes affect the lungs and throat—by being imperfectly cured, and, going in upon the lungs, may produce anthma. Hence many persons date the commencement of their asthma from the close of member or coasts fever. Whooping cough is often followed by asthma when imperfectly cured; so also is mumps, at times, though rarely. Very frequently, asthma originates from a common coid; the poison which the cold develops—that is, the suppressed perspiration—locating itself upon the lining membrane of the lungs.

Asthura is more or less attended by congestion of the lising membrare of the lungs and throat, and seems chiefly beated upon the opening into the air-cells, closing them to a greater or less extent; so that, whilet the air-cells are distended with air, ingress and egress to and from them is rendered almost impossible by this stricture upon their necks. During fits of authors, and even while the lungs are somewhat in a state of quictade, the air-cells resemble small graps, or little halloons distended with air to their utmost capacity. The patient struggles and pants for breath, and there is experienced a terrible sense of impending sufficiention, continuing until relief is obtained, which, as I have before said, is relieved by five perspiration or increased neticity of the hidneys; particularly, in brinds asthura, the commencement of copious expectoration usually brings relief at once—at least, temporarily.

In consequence of this continued partial congestion of the large in asthma, any thing that will excite or swell those interior surfaces, or mechanically irritate them without producing expectoration, will promptly produce fits of authma. Hence, every kind of dust is intolerable to the asthmatic. One of the most diagnosable is potraired ipecar. I have known trany who would fly from the room in which this powder was exposed, upon inhaling even the slightest particle. The dust arising from feather-bods, from sweeping a floor, or wisnowing grain, is terrible to the person who is inclined to asthma, and readily brings on purceysons. In most cases of brenchitis

and palmountry communition, the patient dreads the cold air, and is very exceptible to its influences; but in asthma, cold air, even if filled with frost, is most grateful; and oir of the purest character is sought for with the engerness that the "bart panieth for the waterbrooks;" while, at the same time, the asthmatic patient is very are ceptible to cold, and takes cold very easily.

In very many authmatics, the liver is more or less obstructed, and a sallow yellow tinge of countenance is observed. Many, or nearly all, labor also under the effects of dyspepsin and indigestion. Indeed, attacks of asthma are very readily brought on by eating any thing which disagrees with the stomach. The authmatic is very often relies of when he can beich up great quantities of wind from the stomach, The stomach offen bloots, and the patient fiele a great fidness at the pit of it, which extends laterally under the short ribs, often producing colicky or temporary pains there. This falness of the stomarh often produces great oppression of the chest, and choking, sufficenting sensations; at times, tickling in the throat, a pseuliar numbness of the tongue, and a sensation of beat and burning in the chest, over both lungs, will be experienced. Opins, or say of its preparations, if such taken, will often produce a sense of numberes and heat in the forces and tourse. The feet will often be very cold, and this extreme coldness will at times, and in some patients, extend to the knees. The whole surface of the tody is often very sold.

In many cases, the form of the authoratic becomes very striking; particularly where he is very stoot, the bottom of the breast-hone and ribs will be thrown out, and the head and shoulders thrown backwards, giving a great penetrence to the stomach. In other instances, especially where the partient is lean, the person is thrown forwards, the front of the chest is somewhat flattened, and is greatly enlarged in the upper part of the lungs, under the shoulder-blades—which are thrown upwards and forwards—giving the person almost the appearance of a temeriback.

The very great obstruction of the local and arterial circulation, during the fits of asthms, very often produces decargement of the beart, especially in old age. Oscillation of the coronary actories frequently takes place. In many other subjects, excessive bleeding from the longs will occur, which produces such a derime of the powers of life as very often leads to tubercular consumption. In other cases, the obstructions of the heart and liver become S4 ASTISIA

so exervire, that, in those predisposed, miversal dropsy, or dropsy of the heart and abdomes, will take place. In most of these cases, we notice a peculiar dryness and purched appearance of the body.

In authors, if long continued, the face resumes a possible appearance. There have are drawn upon it, and a most anxious expression is observed. During the puroxysius, it is often bloated and flushed, but on the constitute of the puroxysius, especially in cases of long continuance, the face shrinks and the deep lines and the expression of anxiety employse. The eyes have not the pearly, glassy look seen in tubercular consumption, but they have a peculiar staring at the same time rostless, appearance. The whole expression is one of anxiety and univest—the appearance of calamass and repose. From these indications, it is not difficult to distinguish the authoritie at a glasse.

THEATMENT OF ASTRONA.

From an experience drawn from a great number of cases, I consider asthma an exceeding curable disease. In fact, I do not recollect one in a hundred, among those I have visited, who has not permanently recovered, where the means I have prescribed have been flithfully coplayed:

In most cases of asthma, I employ the same kind of remedies that I recommend in the invariment of polynomary consumption; endear oring, during the intervals of the fits of asthma, to procure a free and equal circulation throughout the system; and, by artificially expanding the lungs and air reasons as much as possible, to remove the strictures in the air-cells and tubes, I have before described. I also, of course, prescribe medical remedies.

Prosing over these at this moment, I would say I advise, in all cases when practicable, that the patient change his location. A change of air in asthma, is often a great medicine of itself; yet the patient may change his location several times before he finds one that saits him. Some can reside in the city and enjoy excellent health; and a visit to any place in the country will be followed by an immediate attach of asthma; others cannot stay in the city even a single night without the return of these paroxysms. Some cannot five in hilly situations; others cannot endure a valley. Changes of air from the senboard and thickly settled portions of the country, to the newer and more sparsely settled regions, is frequently found to be attended with good effects. It seems to make no particular difference with many authoratics, whether the change be to a climate a little warmer or a little colder, a little dryer or a little more hund. In fact, the strangest caprices are experienced by authoratics, with reference to elimate and location. Still, these caprices seem to spring from some positive and constitutional pseudiarity in the disease, as it is really out of the patient's power to prevent or control them. When once the authoratic has established himself where he can comfortably reside, and where the elimate is projetious, he has done much towards the restoration of his health.

To effect a permanent cure, remedies must be directed not only to the subdring of the disease in the lungs, but also to the obvirting of all the disturbed or disordered functions. For example, if obstructions exist in the functions of the kidneys, liver, storach, bowels, or skin, these must all be corrected, so that gravel, liver complaint, indigestion, costiveness, or chronic diarrhea, dryness of the skin, do., shall all be thoroughly corrected. Then therough inquiry should be made as to what previous humor or skin diseases, if my, may have been experienced by the patient; and such remedies should be solected for the parification of the blood, as the popular character of the homor may indicate; and these remedies should be perseveringly. continued in the intervals of the spasmodic attacks, until the system is completely regulated. It should be noticed whether the asthma is of the bunid or dry character, and remotios selected and adapted to the case. Should any harassing cough take place, means should be taken to miligate it, and also to restore the general strength or for as possible. The petient should have some sir, regular exercise. drift abliffors with pure water, or salt and water, alcohol and water, and at times water imprograted with potash; all these will be found highly metal, and the condition of the patient will indicate whether the water shall be used warm, topid, or cold. Besides the constitutional remedies, I usually advise the use of the inhaling tube, shoulder-braces, and abdominal supporter; although in rare coses these, or some of them, may be dispensed with. With all these most ures, my treatment embraces the employment, in suitable cases, of properly adapted medicinal inhautions, which I find, when the right remelles are efected, and their administration immediately

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into the large judiciously conducted, to be, in many instances, of great assistance, both in giving immediate relief and promoting a permanent curv.

TREATMENT OF THE PATIENT DURING FITS OF ASTRONA.

When the patient perceives that an acute attack of asthma is coming on, prompt efforts should be made to arrest it. Some persons are immediately releved by inlining the smoke of the leaves of stramonium; others by inhaling the firms of learning paper that has been saturated in a solution of saltpetre and dried, to be burned in the patient's recen during his purosyums. Senectimes an emetic will give relief, and especially if the stomach be loaded with indigentible food. Relief is also sometimes obtained by applying mustard-postties, or cloths wrong from hot water, to the chest; or by strong stimulating finiment rabbed over the clost. The patient will nearly always find assistance from the exhibition of a mild cathertic; but he should never take drastic purgatives, for in many cases it is danperous to reduce sublealy the strength of the patient. Gentle dinretirs may always be given with good effects. Cases may occur in persons of volust health, and with a redundance of blood, where blooding from the arm may be resorted to with benefit; but such cases are very rare, and such bleedings should not often be repeated, for if much employed they are upt to produce dropsy, either local or general. Expectorants may be employed freely, so us to bring about copions expectoration, when relief will in most cases, he very soon obtained. But we must remember that these palinting remedies never prove curatives, for they are only directed to mitigate the severity of an effect, and do not at all reach the course of the disease. The cause of the disease can only be removed and englished from the system by the exhibition and outployment of such alteratives and antidates as will cure the specific or possible poison which originates the discuse. When these are properly adapted and perseveringly employed, as I have before indicated, the asthmatic parexysms rapidly decline in frequency and severity, and become shorter in duration, until persument health is eventually restored. When a care is thus effected, the potient will not be disturbed by any of the causes that used to bring on his fits, and which always inspired him with terror,-ouch as dust, large assemblies, change of residence, die, He may go maywhere, live anywhere, do entirely no be pleases, ancept what common produce forbids, and yet will enjoy personnent health. I have treated a vast many cases of authors, in persons of all ages,—from children of five years to persons of seventy and eighty—of all accupations, professions, and employments,—and I have no record or knowledge of one person in a hundred who, havifly faithfully and judiciously followed my directions, has not personnently recovered; or, at least, been so far relieved as never to be subject to more than alight attacks, and these only at intervals of many menths or years.

ASTRUMATIC CONSUMPTION.

After asthma has existed for a longer or shorter period-it may be for some years—it does, in some cases, degenerate into true tubercular consumption. When this takes place, however, the discuss ceases to be anthon-loses its asthustic characteristics, and assumes all the symptoms of phthinia. Instead of expanding, the chest shrinks; the breath becomes short, but not difficult; the schoning subsides; a cough, at first hard, day, and backing, sets in; the flesh wasten; the strength declines, and all the ordinary symptoms of tubercular comenuption are presented. There are several causes which not to produce this result. A severe cold, taken by the asthmatic, sottling on the lungs, and not removed, or imperfectly cared, will sometimes produce it. A poor and insufficient diet, impure air-breathed for a length of time,-long-continued, exhausting fatigue, or protracted mental suffering may induce tuberculation in the asthmatic. So may the sudden suppression of an oruptive skin-disease, or external issue. Sometimes a change from a cold or temperate, to a starm climate, is followed by an entire disappearance of asthrontic symptoms, and the invalid imagines himself cored; but if no mone have been employed to remove the discuss, the apparent cure is apt to be only a final dislusion; the disorder assurer or later reoppouring, but now in the more terrible form of consumption,

It is a carious and consoling fact, that nothing, although causing a great amount of suffering, and not unfrequently proving economity fatal, in truth realizes a rast benefit, in many cases, to the patient, by prolonging his life; for the very mass that produces asthma in coperson, will produce consumption in another, unless asthma intervenes. I have often seen one child afficied by asthma, while others, by the same parents, would have tubercular consumption. As a general thing, asthma, in persons not predisposed to consemption, and of robust constitution, and active, out-door excupation, will usually penult long life. But in persons of weaker constitutions, allows braith or occupation confines them withhadoors, or who become broken down by fevers, child-braing and musing, grief or mental or physical sufficing of any kind, the asthmatic development often censes, and they decline into authoratic consumption which, as I have said, will, towards its close, usually have all the characteristics of cutarrhal intervalar consumption. The effect of asthma, as I have before remarked, is always to enlarge the chest, while the effect of pulmonary consumption is to shrink its dimensions; so that asthma, in its effects, directly satagonious consumption, and will always do so as long as it continues asthma.

This fact should always be kept in view in treating asthma—that the lungs and sheet must ever after be kept fully and perfectly expanded; otherwise the person will alremately fall into pulmonary consumption. I have witnessed a vast atmose of cases of commution, where, at some periods of life, the persons had been subjected to asthmatic breatling and turns of asthma, which had left them for a longer or shorter period, and had been followed by true communition.

In arthmetic consumption, continued abort breathing, wheezing breathing, and explore expertoration are usually present, and are very harmoning to the potient. His cough is constant; that is, it occurs daily, nearly most in the morning or rising from bed, and on taking much bodily exercise. He can be down at right, as he could not always do in fits of arthma, &c.; although damp, heavy weather, and changes of weather, affect him more than in most other complaints.

CULABILITY OF ASSESSATIO CONSUMPTION.

Asthmatic consumption I have usually found more corable than any other form of consumption; or, in other words, consumption following asthma is more easily cured than any other: indeed, if treated sufficiently early, it is always corable. It is often obstinate and protracted, yielding slowly to remedies; but under a proper treatment, faithfully persevered in, the patient will find restored looks.

TREATMENT OF ASSISTANCE CONSUMPTION.

For the cure of aetheratic consemption, I usually employ the inhaling-tube, shoulder-bruces, and abdominal-supporter. I then give such medical remodies as I find indicated for the removal of the hunce from the lungs, for allowinting the cough, purifying the blood, and heliding up the strength. It is in this form of consemption that certain kinds of medicinal inhalations are sometimes very useful in conjunction with constitutional remodies. By perseverance in all proper remedies, asthmatic consumption is usually carable, even in cases considered by cassal observers as atterfy hopeless. I never despair of a cure maless the case is truly extreme.

CHAPTER V.

PULMONARY CONSUMPTION IN VARIETIES | Consumb.

CONGESTIVE CONSUMPTION.

In rearly all its forms, consumption is very insidious in its commemorment,—is marked by few or no prominent, striking symptoms. The patient experiences, perhaps, debility, less of flesh, shortness of breath, doc; but for these he is ready to meign various reasons, other than the true one; the most common one is a "cold" be is sure he has taken. His fears are difficult to be aroused, and he is not usely alarmed about himself, thinking the "alight decongeniest" he has will soon pass off without the aid of medicine, or the employment of my recordies whetever; as he is quite sure the same demargements have done so in thousands of other persons, and left no unpleasant trace behind.

In that peculiar affection of the lungs, however, which may be properly termed "compositive consumption," the case is widely different. Here the symptoms which attend the congestive stage particularly, are of so terrible a character as to fill the potient and his friends at once with the greatest alarm; and this alarm is not without reason, for the sudden death of the patient is not unfrequent.

CAUSES OF CONCENTIVE CONSUMPTION.

This disease is induced by a variety of causes p—such as evertaving the lungs by long-continued speaking in a loud voice, addressing large assemblages of people, particularly in the open air, in very cold or in very warm weather,—addressing for many hours courts or juries; or by running supidly for some distance, until very much exlausted; and by lifting great weights, the breath being forcibly held in the lungs at the time. In some cases, when thus overtaxed, the lungs feel as though they had been strained, and, as it were, started from their fisterings, and really become smalls to properly circulate the blood. It is also caused by taking a sudden cold, or a longneglected cold, as well as by great exposure to the heat of the sen. Becoming greatly chilled by riding or walking in a severe wind, particularly if the wind blows full in the face; going down and remaining some time, until thereughly chilled, into damp cold ranks or cellura; accidentally falling late, or voluntarily immersing the body in cold water, when not accustomed to it, or being drenched in a cold rain, will being it on.

I might here mention, also, the healing up of eld issues, the stopping of long-continued drains upon the system, such as biceding piles, which have become chronic,—sudden suppression of the meases, closing up of sld nicers, and driving back of skin discuses and homore from the surface into the system, which are thus made to full upon the large. Any of these causes, acting upon persons at all prelisposed, will often develop congestive consumption, which presents to us the most terrible struggles the life, and the greatest examples of distress; infines the greatest terror, and sometimes presents instances of sudden death;

VARIETIES OF CONSIDERING CONSUMPTION.

There are two striking varieties of conpostive consumption. One is phometerized by great, and often communed and protracted discussion, or difficulty of breathing; and the other by excessive bleeding at the lungs; both apparently proceeding from the same set of causes. In an attack where dyspoun is the leading symptom, the patient, after some such exposure as I have described, may immediately, or it may not be until days and weeks after (for sometimes there is repeated exposure before a permanent impression. is made upon the lungs), peresire a very slight shortening of breath, with a little more effort in broathing than mend, of which he, howeyer, takes usually but little notice. This may continue for some days, when, upon the recurrence of a cold storm, or some additional exposure of himself, the difficulty of breathing becomes increased. If this takes place at night-fall, as it frequently does, the excitement. of society around him may prevent his noticing it until the moment arrives for retiring to bed, when he is suddenly struck with the fact. that he can breathe only with great labor. It seems to him as

though his breath was row out—as if he could not recall it, or fill his lungs at all. He makes every effort to relieve himself, and to recover his breath. In the pressentery symptoms of his disease, be had occasionally found himself guing and taking long breaths; now this exercise is incosent. His extremities become cold—the blood all seeming to be driven in from the surface upon the lungs.

Other forms of long affection are often attended with difficult breathing; but is congestive consumption, this symptom is peculiar. In plearing, for example, the breathing is not off, as it were, before the longs are filled, and the patient can only expand them partially. As expansion reaches the seat of the plearing, the act of inspiration is suddenly checked by the excessive pain which is caused. But it is not so is congestive consumption. There is no positive pain felt in the struggle to draw a full breath, but the patient cannot fill his longs. There is a sensation as if the bottom of the longs had recoded—the distance from the top to the bottom scens interminable.

In life of asthms, also, there occur the most terrible struggles for breath; but the patient feels as if the air were obstructed at its extrance, that his throat is almost closed up, and that his lungs will not receive the air. Be lends himself forward, with his face upon his hands, or towards his kness, or rosts forward upon the back of a chair, or upon any thing that will support his head and chest as it inclines forward, and allow him to make his best efforts to benuthe; while be, and those around him, will often perceive wheezing and whistling in the beenling. In the form of congestive communities, which we are describing, the patient does not less forward in his struggle for his breath; he rather leans backwards, in remorgance of the sense of stricture about the lower part of the chest. His breathing is an incount effort at deep gaping. He through he head first upon one shoulder, besuthes once or twice, and then upon the other for a breath or two, and again changes his position, apparently struggling to full out in which he can most forcibly inhale the air. He experiences, with an excessive anxiety, a sense of imperiding offfocution; but it is from a nightness or stricture around the bettern of his chost. He is sendble that the lower port of his lumps will not fill, and feels that he must have immediate relief or dis. It is the tendency of eathern usually to expand the chest; but in congestive consumption the chost is contracted; and in the commencement, and sometimes for a long period, there is no expectoration produced, nor does the patient have my cough until the disease has been long outshished.

Usually the patient finds temperary relief in this disease, by putting his feet in excessively hat water, and by mustaral-position applied to the sheet,—by mederate portions of physic, and sometimes black letting will insure a respite; but usually after twenty-four or forty-night hours, the distress for breath returns, and all the aggravated symptoms regain their strength; and he is again driven to his hot fact-bath, his mustard-deaths, or bleeding, which are followed by another respite, and this again by another attack. This struggle with the disease may continue for years. I have one patient, retently come under my care, who has for neven years been obliged to apply mustaral-positions to the chest three nights in every week.

During the early periods of this disease, the general strength may not be very greatly impaired; but us it advances, debility usually easues, and the unhappy patient becomes so much reduced, very eften, as to be unable to attend to his ordinary accentions. The difficulty of breathing is experienced, not only during the paroxyme I have described, but, in a diminished degree, almost all the time. After some years, and even in a much shorter period in those predisposed to plathisis, slight cough and expectantion will accommon and these will increase until all the ordinary symptoms of broaching tobereday consumption cause. The long-continued congestion of the lower part of the lange, and the arrost of the circulation of bleed through them, will, in those predisposed, produce extensive tuberculation of their lower portions; and in this easy, if the discone is not accested, the patient will be carried off.

In other cases, it develops into dropsical consumption, and sometimes accounted dropsy, attended in its course by distressed broatling. In other cases, still, disease of the heart will take place. In fact, during the whole progress of congestive consumption, the beart is often much deranged, leading the patient and his friends to suppose that the heart may have been the primary seat of the disease. Much pulpitation is also produced; yet, upon examination, in organic changes in the heart will be found to have taken place, until the discase has continued for a long time.

I would here remark, that this form of congestive consumption may be confounded by the superficial observer with spannodic or dry asthma. From hund asthma it differs in many respects, and may be readily distinguished by the absence of secretion, expectors-

tion, and humid cough.

In the dry form of asthma, the patient is forced to sit up; he feels
a terrible stricture and tightness about his throat such the upper part
of his rheat, and a strong wheesing breathing is observed as the nir
passes in and out of the windpipe, or if going over sur-leath, so
hourse is the sound produced. After some hours it will most countly
entirely subside, and the patient can then lie down to sleep. But in
the form of congestive consumption which I am describing, the potient will often breathe nearly as well lying down as in sitting up—in
a recombent as in a horizontal position, and the breathing has seldom my bearwayes about it. Although subject to these exacerbations of the disease, occurring almost, in some cases, every night, yet,
in the intervals, the short breathing only partially leaves the patient;
and his friends observe that he is very frequently gaping and taking
long fall breaths involuntarily, or trying to do so. In dry authors,
this gaping is hardly observed at all,

TEXAMENT OF CONSESSIVE CONSESSION WHEN CHARACTERISED BY DEPUNITED EXCLUSION OVER.

The terrible struggles for breath, which I have described as experienced by the patient in congestive consumption, arise from the fact that the large become engarged with blood, partially closing the sincells and tubes, and thus excluding the sir. The large, or rather their lining membranes, may be said to become swellen, and in this state the circulation of the blood through them is, to a greater or less extent, impeded for the time being; and, in some makes attacks, death immediately enems from this stagnation of the circulation, which may extend to the entire system.

Our first effort must be to relieve at once the immediately argent symptoms, and restore the patient to a condition in which he may be able to becathe as fively as possible—to remove from him the impending danger of immediate sufficiation. This may notably be done by putting his feet, up to the knees, into hot water, by giving him a moderate cathactic, by putting mustard-positions over his clost, so as to greatly stimulate the skin covering it, do. Diffusive stimulants may be beneficially employed, and also those medicinal agents which act more or less directly upon the lange themselves; such as avrupof specar, equills, the ethereal tineture of lobelis, or tineture of bloodroot, &c. These will relax the congested spasm of the lungs, by restoring activity to the external circulation; and in a very short time the patient may be down in bed, get himself into a perspiration, and will be soon, to a great extent, relieved-sometimes wholly sofor the time being; but he is exceedingly liable to a recurrence of the parexyen upon another exposure to the same come that produced the first attack. In fact, this disease is as tenacious as nothing in its continuance. As soon as the patient is relieved from the impending danger, then our whole efforts should be directed to prevent the return of these attacks, and to the permanent restoration of the large and the whole system from that condition in which the congestion originates. We shall, in nearly every case, find that hunor exists upon the lungs, while ut the same time their viral powers are greatly enfeobled. Our treatment should be conducted with a view, first, to carry off any humor that may be upon them; and next, to strengthen and restore them to activity and vigor : measures should also be employed to fully expand them. This will both tend to preyear adhesions taking place anywhere, and promote freedom of breathing. Thus a free, easy, equal circulation of the blood throughout the system will be secured. Under each a treatment, it is possible to restore the patient to sound health; and then, with moderate care, he may dismiss all fears of a return of this abousing discuse.

CONGESTIVE CONSUMPTION CHARACTERIZED BY ILREDUX OF THE LUNGS.

This form of long affection is of very frequent occurrence; and it occasions more sudden alann and produces more terror than all the other forms of phthisis united.

The causes which produce it are the same that I have mentioned as inducing that peculiar sufficative congration of the large just described. It is, however, more usually than the latter, occasioned by lifting, straining, blows on the chest, and other courses of an external character, which I have noticed at the commencement of this chapter, and need not here recapitalists.

In this disease, the hereorrhage is frequently preceded by no prementory symptoms that attract the notice of the patient; but he is saidenly, and without a suspicion that his lungs are disordered, seized with bicoling from the lungs. Perhaps, on awaking from sleep, towards morning, or in the dead hour of the night, he finds his mouth tid of blood. Or it may be that a little tickling in the throat excites a slight cough, and he spits out sensething which has a new and singular trate—a little salty; the repetition of it induces him to rise from his bed and examine the antere of his expectoration, when, terrible to realize, he finds that he is raising Mont? No yet can describe his terrors: his heart sinks within him, and he is overwhelmed with dismay and augmsh.

This bleeding is, in some cases, very slight in questity, but may continue for several days, unless arrested by appropriate remedies. In other cases it is prefuse, commencing, perhaps, with a terrible gash; the blood instantly filing the threat, and passing out in a stream through the menth, and even the nestria, well-nigh sufficienting the terrified sufferer. In this manner, the patient sometimes loses, in a few minutes, pints, perhaps quarts of blood. Still, it is very rarely the case that the patient bleeds to death in these unides attacks of profuse bleeding; although there are, as is well known, instruces where pulmonary bemorrhage is followed by immediate and fittal consequences.

After the bleeding has been stopped, and the patient relieved, it may be that he will not bleed again for some time, perhaps for years; but if he is in any degree predisposed to consumption, he is liable, somer or later, to a return of the hemorrhage. All this while he has, perhaps, no cough whatever; except, it may be, he will cough a very little on raising the blood.

Happy would it be for every patient thus attacked, if, after his first bleeding and before it recurs again, and before any sough has been established, proper remedies and preventives could always be employed, so as permanently and sudicially to restore the large to soundness, and remove from the whole system the disturbing causes. But in a run majority of cases, the patient has his form alloyed by false and deceptive assumnces of safety. He is tabl, especially if the bleeding is slight, that it comes from the throat, or that there is a mature of rapillary blood-ressels in the broachi; that, at all overte, he has no cause for alarm; and that, if he will give himself a few days of rest and quiet, he will be perfectly well. All the causes which produced his first bleeding, may be still acting upon him; and no proper

measures being taken to remove or guard against them, upon the recurrence of may unusual exposure to them, congestion of the langs again takes place, and another bleeding occurs, frequently more terrible than the first.

After a repetition of the bleeding for the second or third time, each attack greatly reducing and prostrating the patient, a cough numbly sets in, and seen becomes fully established. This is seen followed by observation of the lungs, expectoration, loss of strength, heetic fever, night-excuts, and all the symptoms of confirmed consumption. Greater shortness of breath is upt to be experienced; and there is constant voluntary suppression of the cough, so as, if possible, to avert the occurrence of another beneverings.

Blesding from the lungs, as is well known, not unfrequently takes place in purely tubercular consumption. During the softening of the tubercles, a little blood, mixed with the expectoration, is frequently soon, and sometimes a little pure blood; in exceedingly rare cases, a considerable homography may take place. But this form of bloody expectoration does not, of course, indicate congretive consumption; and the condition of the lungs in which such blooding occurs, may be distinguished from it by the preceding cough, by the heavy green matter expectorated, and the classey, pushive matter which shows the breaking down of tabercles. By an examination of the class itself, we may, in all cases of blooding from rengestion, determine immediately the absence of tubercles and the presence of congestion only. The mode of doing this I have described in the chapter upon Auscultation.

TEXATELENT OF CONSISSION CONSISSION FROM THE LUNGS.

I have found this form of pulmonary disease, which is mealurating, and other so suddenly prostrating, to be, in most cases, very carable. The first step to be taken, on an attack of bleeding, should of course be to arrest the homorrhage as speedily as possible; for which, perhaps, there is no remedy more specific (which is at the same time = convenient) than common salt. A table-specuful, in a glass of water, may be taken at a single draught. This will, in most cases, immediately stop the bleeding.

If the homorrhage is severe, the feet of the patient should be placed,

for some time, in very hot water, kept at a high temperature during the bath by the continual addition of hot water; thus drawing the blood to the lower extremities. Mustard positions may be applied to the chest, and opening medicines given; but never should revere collectic medicine be given in any form of communition. Where the patient is very robust, bleeding from the arm may be allowable; but if the patient is young, slender, or much reduced in any way, as is frequently the case with delicate ladies and persons of feeble powers, bleeding from the arm should never be advised; in place of which, one or two leeches may be applied to the short, and usually with great benefit. The patient should be enjoined to keep binself rather quiet, and should avoid much talking and loud speaking.

In some instances, we find that bleeding will obstinately continue for many days together, despite the remedies I have indicated. When this is the case, I have frequently known the employment of full summants to be of great benefit. I have known a man, after bleeding for some days without any aid from medicine, entirely reflected by drinking large does of rum. Indeed, I am inclined to think that, in a tast many cases, alcoholic stimulants, such as rum, gin, or whiskey, will stay the bleeding permanently; still, I do not other employ this class of stimulants, because, if there are altern in the image, or any tendency to alcoration, they may increase inflammation in the broken and ulcorated portions of the image, and thus haven the process of destruction. I have observed that alcoholic stimulants may be more freely and usedly used by obligarous, thus by the young or middle-aged.

After the homorrhage has been stopped, and in this way the mental distress of the patient relieved—bla fears quieted, and his whole system seethed by inspiring him with hope, and convincing him that, beyond a doubt, this form of consumption is certainly curable—we must turn our attention to such a mode of treatment as will remove and avoid a return of the congestion, and prevent inflammation, alternation, shrinking of the lungs, and the disposition to inferenlation.

We must remember that it is all but independible that the ovenlation of the blood be equalized throughout the whole system; the fullest possible activity should be given to it in the extremities, and on the entire surface of the body, so that at no time shall there be more

blood in the lungs than their proper proportion; and they should be brought into the best possible condition, actively to circulate the blood through them. For this reason, we should avoid every cause of irritation, and all medication that can attract the blood to the large or detain it there. In this state the patient should be quiet, avoid lead talking and long-costinued exercise of the langs in may marrier. The external surface of the class, before and behind. thould be stimulated by frictions and stimulants, such as bothing with alcohol, strong sait and water, &c. If it is noticed that there are points where pain and sareness are experienced, these should be maked with a stimulating or scotling liniment. If the strength is tolerably fair, a moderate quantity of Isood only buring been lost, and there is a tendency to lead and fever about the chest, then a wet compress. placed over the front of the chest, will be beneficial; or a wet larket near be worn for some time over the whole chest with the greatest advantage. It may at first be worn all the time; but after a while, it should be were only at night; always taking care, both night and day, to keep the chest perfectly warm by additional covering. To remove any mechanical causes of congestion whatever, 1 always advise the use of shoulder-braces, so as thoroughly to expand the risest, and take off from it the pressure of the shoulders. To obsinto my weakness of the langs, mused by falling of the bowels, and to strengthen the body and loins, I advise the constant use of an abdominal supporter, well-fitted and of proper strength. I advise the exhibition of gentle aperients, to give a little increased activity to the boyels, and produce a gentle excitement upon the mucointestinal surfaces; thus constantly deriving from the lange, and tending to percent any increased mucous or purificut secretions in those regard. I also open the kidneys by gentle regetable discretios.

In this form and stage of consumption, I never use spills or colchicum, as they are so upt to reduce the patient and disturb the stormeds—conditions I would carefully avoid. Simultaneously with thus placing the bowels and kidneys in a genial, healthy state, I calibit gentle dispheretics, to produce an increased activity of the skin. I advise free standard bothing over the whole body, such as with strong salt and water, to which there may be added with advantage a little whiskey, brandy, alcohol, or rum. Persons who are strong and subset, bordly require my thing but salt and water; but delicate ladies, children, old persons, or patients who are from any cause greatly reduced, I direct to employ alcoholic liquous; salt may be mixed with them also. The child should be taken off before using the both in these cases; for if water or alcoholic liquous is applied very cold to the chest of old people, or other weakly persons, when the surface of the body is cold, and there is an almost total absence of fever, in tends to drive the blood to the interior of the body, and to still firther reduce the patient. Whose applied warm to the whole surface of the body, it is oftentiases exceedingly grateful and very useful, and may be employed once or twice daily, and that with the very best effect. Alkaline water, and soap and water, may be often used with good effect.

DEED.

The diet should be nutritions, the food well cooked and carefully masticated before avallowing, so as not to lie beavily upon the stomesh. The stometh should not be loaded with food at any time. It is far better to cut offener and loss, then to lood the comach as my one meal. Suge grand, taploca, &c., are most admirable articles in these cases. I think very much of sago, and advise it before any other article of food. Lot it be well cooked, and holled with suffcient water to make a greet of the consistency of cream, and sweetened well with the best refined sugar. Of this the patient may cut freely; it will benefit and strengthen him greatly, without being liable to produce my implement consequences. As his strength increases, he may eat stale bread and good butter, soft boded eggs, brailed inno, broiled matten, beef or positry, and almost my description of game, such as renison, how, rabilit, don; and all haddinds may be enten, and usually with broods, when plainly cooked. Clams, stored, are excellent; of which, the besth and soft purts only be will find most digestible. He should, however, partake sparingly of ment, and other solid food. Greasy food and rich pastry - war, unripe fruit, of all kinds, should be carefully avoided; and most from should be well cooked before outing. Ment should be perfectly tender and well cooked, yet so prepared as to preserve all its juices. Dry tood is excellent.

A great deal of good seems and judgment can be displayed in the choice of food, both in the quantity and in the quality. Moderate

abstentioners should be the general rule. Never include in heavy, hearty meals, as this will very often bring on a renewal of the filterding.

STYGENSE TREATMENT.

Four or five days after the blooding has been stopped by the means heretofore recommended, I advise the patient that he may begin gently to excite his lungs by taking long, full breaths, commencing gently and gradually. Unless the weather is very severe, he may ride out; and when out in the open sir, may very gently expand his lungs by deep brouthing, repenting his efforts, and gradually increasing them until he can fully and freely inflate and bring out. every portion of the chest. After riding a few days, he may commence moderate walking; varying, moderating, or increasing his exercises, as he can bear them. For laties and children, jumping the rope and dancing, when practised moderately, and not continued until there is much exhaustion, are happy and healthful exercises. The patient should survivily avoid faring sold winds, and every situation whose he will be greatly heated or greatly chilled. He should always preserve an even temperature throughout the body, by wearing famel and suitable clothing in all sensors. The room where he sleeps or sits, should also be kept at an even temperature. He should never allow himself to be chilled during the hours of sleep. All large assimilates, enoughed rooms, night meetings, attending church when it is very hot or very cold, or where there is danger of becoming much excited, should be avoided. All the passions should be kept in restraint, so that the system may not be imility excited at any time. Spirituous liquors are generally injurious, and should he very sparingly, if ever, employed; although, in some more where the patient is greatly fittigued and exhausted, a moderate amount of unadhiterated, pure liquor may be taken. Exercise out of doors, change of air, journoting, change of residence and change of occupation, will usually lead to the most delightful results in the management of these cases.

Whilst bringing the digestive organs, the bowels, the kidneys, and skin into a good condition; whilst removing all pain by liniments and other external applications, and securing a full and complete expansion of the longs, by long breathing and by the use of the inhaling-tube in those who can bear it (for remarks on Inhalation, see my description and directions for its use in another part of this work); also correcting in females all decangements of the atterine functions, without, however, resorting to violent measures, I give suitable remedies to scothe the large and relieve the cough; and if any lumor is present in the system, I give medicine to purify the blood, tonics, &c., &c., a full description of which will be found in the second part of this work.

CHAPTER VI.

FULMONARY CONSUMPTION-ITS VARIETIES-(Consume).

IMPOSTRUBOUS CONSUMPTION, OR ABSCRAUS IN YER LUNGS.

Thus form of disease is occasionally met with, and most frequently, in those of a phlogmatic temperament—persons of full habit, plump-forms, well-remaded chests, and large lungs. Still, it will be found, on examination, that when this disease occurs, though the class is full and the lungs large, they are nevertheless not usually fully expanded. In persons of this pseudoc temperament and babit of body, severe cold on the lungs, lung fever, or presumosia, and inflammation, are some cases a single one—in other, a succession of them. These abscesses mean to have the nature of boils, bound in the lungs; and so far as we can determine, develop the same characteristics that boils do spon the surface of the body; such as heat, fever, pair in some parts of the class, inflammation more or less zente, and the gradual gathering and final discharge of large quantities of parallel matter.

In many persons who are not predisposed to coromption, and who posses good constitutions, these abscesses head with very little difficulty; and perhaps never appear again, or only at long intervals. Of this peculiar type of persons was Dr. Franklin, who was subject to this form of palmonary abscess, at intervals, during many years of his life. In some persons, when congestion of the langs has taken place, of a very severe character, and especulty when bleeding has accompanied the congestion, the formation of our or more large abscesses will not unfrequently follow. Sometimes in persons who have large chests, these abscesses are very extensive, and decharge a great amount of pas, mixed with blood, having every characteristic of the discharges from bolls. Purelent discharges from the large occur, as we have seen, in other forms of consumption; but from

which, horever, those proceeding from abscesses are distinguished by the latter taking place suddenly in large quantities; whereas the discharges from the vomica produced by the softening of tubercles, and consequent alcoration, are small, addom amounting to more than outstalf an same to as outsee at a time. Another characteristic difference is, that the abscess, after the paralest contents have been discharged, it much more upt to heal, if properly treated, than in alcoration in the lange, and loss likely to produce permanent injury to the large than the tuberculous vernice, or tuberculous abscess.

I will notice one other characteristic difference between vemica, resulting from tuberculous ulcerations, and the absences we are considering. When tuberestons deposits pass into the softening stage, they not only become themselves converted into purplent matter, hat an active alteration takes place in the polinorary these in contact with them, and in which they are imbedded. There is then an actual destruction, to a greater or less extent, of the substance of the house the air-cells, and air-tubes; and the purulent product of this alteration of the primonary tissue, is mingfed and discharged with the dissolved inhercles. If after the matter thus formed has been discharged from the lungs, the excavation which has been made heals, it is lot the formation of a smooth, impervious, semi-cartilaginous membrane lining its whole interior surface. There is no such thing as a reformation, or near greath of the destroyed lung, and a permanent cavity remains in its place. Of course, the capacity of the lungs is reduced to the extent of the portion which has been destrayed. Now, on the other hand, in the case of abscess, consisting of a collection of pus, resulting from pneumonia or other inflammation, the lung is not, to any considerable extent, ilestroyed. The puralent matter resulting from the inflammation, may together to one point from the whole field of inflammation, and there displaces or pushes back upon itself the euromeling pulmenary tissue. A would be indeed startle, but me actual executation; and as soon as the absens "breaks," and its contents are discharged, the long about it resumes its former condition, and thus pressus the wound together, bringing its walls in contact with each other. Then, if the conditions are favorable, the would beals; not as a cavity Ined by a thick members, but by a cientrix or eachar, like that left by a cutwound in the flesh.

From this it will be seen, that imposthemous consumption is much

less destructive to the lange than tubesculosis, and is more readily cured. In the latter, there is a much greater tendency to shruking of the lange. At each successive deposition and softening of tubercies, the lange waste away irrerocubly, and less and less power remains to furnish oxygen to the blood, and vital force to the system. In the former, but little of the lange is destroyed; they more readily heal, and there is but little tendency to shrink.

I will here call attention to what should be always remembered. Destruction of the smooth membrane, firing the air-tabes or cells in any portion of the large, destroys the large in that spot for all viral or metal purposes. Hence, conterinations of the inner surface of the large by probangs arrived with a strong solution of nitrate of silver, or my other caustic, or by inhaling caustic vapors, if such be possible, must necessarily be fitted to any part of the large so acted upon; and if the canterination thus effected is extensive, it must excitainly destroy life, scaling an artificial disease equally fatal with any form of communition whenever, and producing tendoid more suffering.

ASSCRISTS IN THE LUNGS CURABLE.

Trus impostlumets consumption is exceedingly caralle. Indeed, if the patient is placed under favorable circumstances, he will sometimes recover without the aid of medicines. Change of season from cold to warm, change of climate, travelling, out-door exercise, &c., will usually do much for his permanent relief. But be will in all cases he greatly assisted in recovering his health by proper medical assistance, which should always be obtained if possible. Besides, this discuse is often complicated with congestion of the large, and not unfrequently also with tule-roular consumption. If, however, the individed is not highly predisposed to consumption by any facily taint, he or she may ressentibly hope for a perfect and permanent cure, by using remedies to renovate the constitution and fully heild up the general health, and by employing suitable mechanical comedies to enlarge the chest and to keep it fully expanded; thus siding the pulmonary medicines in bringing the vital forces of the system. to such a state of strength and activity as to heal the abscuss or abaccesses in the lungs, and leave no discuse behind them.

CHAPTER VIL

PELMONARY CONSUMPTION ITS VARIETIES (Consum).

SECRASICAL CONSTRPTION.

Cases of polymonary consemption occasionally occur from the acesdental introduction into the lungs of foreign substances; also from the secretion and deposit of stony number and chalky formations in them, by which inflammation and extensive ulceration take place, producing in their progress pain, fever, cough, expectoration and supportation, loss of strongth, hertic fover, night-sweats, doc ; and if the persons are predisposed to consumption, the disease will often terminate fatally, I have witnessed a number of cases of this form of communities, One remarkable case occurred in this city. The patient was the keeper of one of our hotels. He had a cough over one year, and was greatly reduced in strength, developing all the symptoms of true tubercular consumption. He despaired of recovery, and so did his friends. His cough was very sovere, attended with much expectorstion of paralest matter; when one morning, after a severe fit of coughing, he expectorated a piece of chalk, or what appeared to be such. It was about half an inch long, and was surrounded by purplent matter. He found immediate relief; and in a few weeks his lungs entirely bealed, and he remains well to this day.

In another case which I knew, a young child accidentally drew into the threat a beschaut, which passed down the windpipe and into the large. It suon produced a difficulty in becathing, and remained there for accord years, causing a great deal of irritation, cough, expectoration, and finally blooding at the large. Almost every year an abscess would firm, and considerable quantities of purulent matter would be expectorated. Finally, pieces of the ant began to come away; and when I saw her at the end of even years, the whole pulp of the not had been expectorated and two triangular plates of its covering, whilst the third plate remained in the large. I have not seen her for six years; but I believe that the other portion has been expectorated, and that she has perfectly recovered,

A gentlemm called on me from one of the mining districts in Pennsylvania. Six weeks before, he had accidentally passed into the windpipe about one-half of a head of finishly grass, its upper or smooth end downwards. It passed into the right long, and down its whole length, and through it to the fiver, where it was when he called on me. The long and nir-passages along the whole distance traversed by the head of grass, were badly observed. He had suffered most exerciating and rending unit. In a very short time, all the symptoms of true consumption were developed—cough, observed as, expectanation of pus and blood, while, fever, night-awards, great hourseness, rapid loss of theh and strength. I administered all the remedies I thought advisable. I have not heard from him since six or eight months after be called. He was then not well, but had experienced great mitigation of his severe sufferings, and hoped trelong to be well.

TREATMENT.

In trenting such cases as this (and they are not unfrequent—chalk deposits, especially, often occurring in the Image), the patient cannot use the inhaling-tube much, but he should take long full treaths, and capend his longs, but without straining them; should bothe feedy in cold water, fortifying the lungs, and preserving the general health in the highest state of perfection—taking such remedies as will mitigate any symptoms of disease when they occur. This treatment, together with the employment of all the means recommended in this work for the prevention and sure of consumption, should be employed and faithfully persevered in ; and if the person is not greatly predisposed to pulmonary disease, these foreign bodies will generally be faulty expelled from the lungs, and the patient perfectly recover. But if there is predisposition to consumption, these cases become sharming, and often terminate fatally.

CHAPTER VIII.

PULMONARY CONSUMPTION-ITS VARIETIES-Communi-

CORRECT (BRAIN) PULMONARY CONSUMPTION.

Is previous chapters I have noticed those affections of the large and threat in which the discuss appears to originate, or, at least, first to manifest itself in the pulmonary organs themselves. I new come to speak of other varieties, where these organs are not the primary seat of the discuse, but fall under its power by a transfer of it to the large from some other organ or part of the body, or by some disturbing, prostrating, or otherwise destructive influences exceed ditectly upon them by disease absorbore, or indirectly through the general system. As I have before intimated, I shall designate the politomary affection, appearing under such circumstances, by a name indicating the organ or part in which disease is primarily located. For example: "cerebral (brain) pulmonary consumption," "logotic (liver) pulmonary consumption," die. And first, I will notice cerebral politomary consumption.

We often most with instances of true inherentar phthisis, which can be traced to a long-continued abnormal condition of the beam, or the membranes investing it, and in which the history and indications of the disease lower to shadow of doubt that the heat has been the primary sent of the descructive agencies, which, in their mischierous influences, bure finally induced toberculous deposits in the pulmonary organs. I will describe the symptoms attending the penaltar condition of the brain which thus causes commuption. Before doing so, however, I will first notice other and more common affections of the head, with their attendant symptoms, in order that that which occasions commuption may be the more clearly distinguished,

READACHE-TES VARIETIES.

While there are, as is well known, some affections of the brain that are not attended with pair in the head, pain is, nevertheless,

one of the most common consequences of cerebral disorder; and whether the substance of the brain, or the membranes suprounding and traversing it, is the sent of the pain, it is not important to my present purpose to inquire. So, also, pain in the head is a very common accompaniment of local or general disorder elsewhere: for example,—of fever, dyspepsia, billionanus, celds, &c. Indeed, "bendarke" is one of the commonest of complaints; showing the brain, or its coverings, to be in intimate structural and sympathetic relation with the other organs of the body. There are many varieties of headache, each possessing peculiarities distinct from the others; depending, indoubtedly, upon the character and location of the disturbing cause or influence. One of these varieties is well known under the name of

SUICE-STEAD ACTUE.

There are thomsands who suffer very greatly from this distressing affection. A frequent cause of this benduche is a disordered stomach; and it may arise from an excessive secretion of bile, and its presence in the stomach; from a sour stomach; from food lying undigested in the stormes, &c. It is almost always periodical in its attacks; recurring in those disposed to it at intervals of from one to four weeks, or longer, with some degree of regularity; often pursuing its virtim in this way for years—perhaps for life. Its approach is mostly indicated by a partial blindaces - a peculiar boar before the eyes-by raiseess of the countenance, cold feet and hands, and a disbessing pressure about the temples, as if the head had a band of iron around it. It is namely preceded and accompanied by continuous: in fact, those subject to this complaint generally suffer from habitual constitution. A grinding, crowding pain will often by felt nearly apposite the stomach, in the spine, between the shoulders. After the beadache has continued, with more or less intensity, for a number of hours or days, it is followed by sick stomach, retaking, and vomiting. Sometimes the vomiting is very free, continuing for many hours, with discharges of great quantities of bile, together with all the contents of the stomach. In some cases this form of hendache is produced by gall-stones in the gall-bladder, or obstructions in the gall-luct. I know a case of several years' standing, which was eventually cared by the discharge from the gall-bladder, and evacuation from the bowels

of over a gill of gall-score. Free voniting usually gives temporary relief, and not unfrequently terminates the uttack. After the remiting has continued for some time, the pain in the head subsiding, the feet becoming warm, and the circulation being restored throughour. the whole system, the potient will rise from his bed, after a few hours' sleep, argumently in good builth, and experience to other effect from his two or three days' illarss, than perhaps a little feeling of lightness or goldiness in the head, and some fatigue and sceresus from vomiting. In persons of full liabit, these headaches are astended by a rish of blood to the head, and redness of the face, threatening congestion of the brain, -when active remedies are required to counterset this tendency. Persons of this habit are not, however, is subject to sick-hardsche as others. Those most liable to it are deficare persons—netally of a person-billous temperament, and sedenture habits,-students, females, &c. The epinion is generally entertained that there is no cure for " sick-headarlso." But this is a great mistake. It is, in almost all cases, entirely corable; and I speak confelently, because I have had the pleasure of witnessing its permanent curs in a multitude of instances, in my own practice,

MILIOUS SECAMACHIA.

This disorder, which has been experienced, to a greater or less extent, by almost everyhody, while it has some features in common
with sick headache, differs from it very widely in others. In commo
more frequently in males than in Senales. True bilious headache is
attended with much more fibrile excitoment, and general disturbmore, than sick headache. One of the peculiar characteristics of the
latter effection is, as we have seen, namen, retching, and, finally, violent vanisting. In bilious bondache, however, the stomach is rarely
much affected, vomitting soldon occurs, and this is one of its most
sufortunate characteristics. On account of this absence of gastric
excitoment, the system does not relieve itself; and unless relief is obtained by medical remedies, the complaint is often protracted, and is
upt even to pass on to inflammation of the brain, or some form of
bilious lever, which may continue for works, and perhaps terminate
fietally.

In bilious headache, the pain is not confined to any particular portion of the head. Sometimes the whole brain seems to the sufferer to be aching. At others, pain is felt more in the back of the head, or at the top, or over the eyes, in the ferehead, or through the temples. The head often feels as though it would barst, from an intol-crable inward pressure, and every pulsation of the heart is felt in a throb of acute pain through the temples, and other portions of the bead. This throbbing is frequently most agonising, and may be plainly seen in the temporal arteries. There is usually more or less determination of blood to the bend, causing a painful pressure, a flushing of the face, and suffusion of the eyes with blood. It is accompanied by a burning heat about the head, particularly in the forehead and eyes.

This headache occurs in many men of active, out-door habits, who are greatly exposed to the sun. It is also produced by irregularity in diet, and habits of dissipation. It is very apt to follow upon any sufden ombreak of dissipation, such as occurs in the excesses of public disners; or in enting inegaly of an unaccustomed dist, indignatible food, or fixed which does not mently agree with the person, and particularly when this improdent cating is accompanied by the drinking of wines, unidulated liquors, &c. Where, in the "fout of remon, and the flow of soul," so called, a min forgets himself, and lameles into unseemtomed, hartful excesses, while the general system is lashed into a wild excitement, the stomach, liver, and bowds become the special victims of his felly; they are overloaded and elegged; the circulation of the blood is disturbed, and rendered singuish; the head is congested; and though the don rimus may have "a good time of it" for some bours, yet " warrings cometh in the morning." The Nemesia is close on his track. He goes from the secur of his debanch to his bed, and awakes late the next morning, from a heavy sleep, unrefreshed, stupid, and with a tremendous bilious headache. The consequences of such excesses are sometimes even more serious. I once knew an excellent and aniable physician, who, from convenient proximity to the place of voting, usually received guests on election day. On one of these days, a middle agod man, of vast ownerity, of "entermous appetite and tremendous namely" arrived first at the dimer table; the other invited guests being detained some time at the place of voting. He sat down and devocred nearly the whole of a lois of weal. When the good doctor came in with his other guests, the meat had disappeared, and something less palarable had to be substituted. The doctor consoled his wife-who

was not a little indignant at the accurrence-by mying that the veal would all be paid for by the sext day, as no man, however vaid his capacity, could cut so much mout at one meal, and not require medical assistance within twenty-four hours. Sure enough, in the course of the succeeding night, a swift home, covered with fram: serived, bearing an anxious rider, who, in a few rapid words, informed the doctor that his corncious guest of the previous day was dving. It required the free me of the langet, a full exhibition of active medicines, and several days of most assidaces attention, to sava the gormand's life. It was accomplished, however, much to the dector's credit. Persons of a billions or plethoric labit, must be careful loss they indulge in excessive pleasures of the table, or in Barchauslina feasts; otherwise they may have occasion to be thankful that even more disastrous consequences do not follow than severe attacks of the bilions bordache I am describing. Apoplexy itself is frequently the penalty,

Bitions headarhe often occurs also, in students, elergymen, lawyers, patric speakers, and others, whose employments or professions require them to make great mental efforts, and which, at the same time, render them liable to suffer from indigestion, and other con-

sequences of too little physical exercise,

I need brolly say that the correct treatment of bilious headarhs is known to every intelligent practitioner of medicine. Its care is easy when the proper medical assistance is obtained. To provide the requisite remedies is the physician's daty. It is more especially the daty of in all to avoid the accessity of using remedies at all, by avoiding the masses which produce the disorder. In what has been already said, many of these causes have been pointed out, and they may be easily sharmed. From all these causes, and from excesses of every kind, persons should carefully refrain; the heards should be kept free; anyone mental excitoment, not balanced by brink daily sacretise, should be availed; daily bathing should be practised; the head should be kept cool, and the feet warm. In a word, the laws of health should all be obeyed.

APOPULECTIC READACHE.

Nearly alicel to the hillors headache, in some of its symptoms, but still differing from it in others, is that which may be properly termed opoplectic. It occurs in those of a full, pletheric halit, with targe chosts, short necks, and full, red faces. It is produced, or at least usually attended, by a determination of blood to the head. The pain is dall and honry, and felt most in the back part of the head. There is a semostion of fidness and pressure there, with sometimes a little stiffness of the neck. The face is red, and, in some severe man, puffed and bleated. Where the rush of bleed to the head is severe, the eyes may become suffaced, and even bloodshot. It is generally attended by a more or less constipated state of the bowels, and inactivity of the skin and kidneys. There is other some pulpitation of the heart; indeed, the determination of blood to the head is very frequently occasioned by an abstructed carellation of the blood in the beart, or the large blood-ressels entering the heart. This rush of blood to the head, with headache, is not no occur in females from obstructed or otherwise discodered estaurchis; particularly in those who are flesky and of full habit. As will be inferred from the description of persons liable to this affection, it has no tendency to induce consumption. It may atmetimes be attended temporarily by a congested condition of the lungs, to a greater or less extent; but the halot of body which induces this headache is untagonistic to inherentesis. It need bordly be said, that it yields readily to a proper treatment. I will add, however, that it should never be neglected, as it is listic to result in apopleay, fits, or a sudden stoppage of the pulsation of the heart, which may be immediately fatal,

NEUBALGIO, OR BIOGRAPHIC BEADACHE.

This is a peculiar species of bondache, resulting from a manulgir or rhomantic affection, located in the integrments—the scalp, or assubments—covering the skull, and probably also, in some cases, involving the membranes firing the skull and investing the brain. It is attended by great heat in the head, and sharp, sharing pains, not confined to any one portion, but more frequently in the back part of the head. Unlike the sick-landache, it is not attended by manua or vomiting, nor by a sense of tightness about the temples. Nor is there any blurring of the sight experienced, nother is it periodical in its recurrence. In nearly all forms of businche, with the exception perhaps of cotarchal, the pain is increased by the presence of light and the glars of the sim; but this is observed to be much less the

case in rhemantic brackache, than almost any other, with the above exception. This is not, as many misrakenly suppose, simply a local affection. Its source is to be looked for in some constitutional disturbance. There is in the system a rhemantic honor, which has determined to the head; or there is an invitated condition of the serves, which are distributed to the investments of the skull. To care it, reference must be had to these conditions, and remedies adapted to them. When such a treatment is employed, a care is readly accomplished.

CATABLERIAD WEADACHUL

This kind of headache is scated exclusively in the forthead, over the eyes, and in the upper, forward portion of the sides of the head. It is produced by a estarrial humor, affecting the membrane living, the nasal passages, and extending to the membranes investing the bones in this region. The pain which is experienced passes appeared between the layers of the frontal bones, over the eyes, or beneath the eyes, and to the theek-bones and the forehead. The pain is countie continued and distressing; oftentimes attended by scaling, acrid, wmery discharges from the eyes and mostrils, accompanied by a sense of very great tightness, of pressure and weight in the front part of the head, always increased by cloudy and thick, heavy recather, and diminished in surshine and a clear, dry stransphere. Construct beadache is easily distinguished by its location. Frequently we find it to occur with greatest severity on both sides of the rost of the nose, passing up the croscent of the eyebrows, and locating between the plates of hone above them. Sometimes it extends to both temples, and oversionally it will travel along to the top of the centry of the head, over the foreless). From these poculiarities, we cost coully distinguish it from almost any other form of healistle. In fact, I know of no other which then affects the root of the pose, and extends over the orbits of the eyes. I need hardly say that this discase is perfectly cumble by the use of proper remedies; it is entirely within the reach of medical aid.

SUN BEADACHE.

There is an affection of the head which I have not mentioned, that is known as "sun headache." It occurs more frequently in young persons than in those of advasced life, and is rarely experienced after the age of issenty-five years. The persons found to be most liable to it, are boys of a full habit, and a billion pervous temperament, who are more or less exposed to the run; still, those of delicate constitutions are not exempt from it. This headache will nearly commence a little after sunrise, or at any hour from sunrise to ten O'clock, A. M., and will increase in intensity until the sun is at its meriding,-in some cases becoming almost insuportable by that bour, It will continue thus severe for some bours; then, as the sun declines, it subsides, and consess altogether at or before undown pain some cases, by the middle of the afternoon. It is not usually attended by any nansea, fever, or any considerable disturbance of the general system, except that the patient is generally of a metire Indit; and there is, during each day's attack, a feeling of landade and disinclimation to move about,—every movement increasing the pair. The light and heat of the sun aggrarate the distress, and the unflever finds most case in sitting or lying in a darkened room, in perfect quietness, away from all moise. It is a characteristic of this species of headache, that, as soon as it has passed off, with the decline of the sm, the subject of it finds himself feding perfectly well. He even sometimes experiences, during the close of the day and evening, a pseuline exhibitation of spirits, and more than his natural degree. of strength and vivacity. He sleeps well, and his appetite remains unimpaired, except for his dinner, and while the pareayem is on. This hendsche will, in mouv cases, continue for months,-recurring thus periodically with the rise of the our, and subsiding with its setting.

Notwithstanding this affection appears to be attended by so little gastric or bilinry disturbance, it is nevertheless no doubt connected with a deranged state of the liver and digestive organs; inflatnood, parhaps, by a peculiar condition of the servous system. The light and heat of the son, noting through the nervous system, thus impressible, being into activity the disturbing masses, existing in the digestive or bilinry organs; and from the action of these causes, the circulation of the blood is impeded, and does not flow back freely from the head to the heart. The head thereby becomes unduly congested, and haded with blood, causing the server pain I have described.

When this psenine bendache is experienced, great relief may be obtained from the application of cold water to the head. The pa-

tient should retire to a dark, still room, and, remaining as quiet as possible, put cloths on his head wrang out of ice-cold water, which should be changed frequently. At the same time the digestion should be corrected, the nervous system strengthened, and gentle apericus employed to reflece the constitution and hillions denangement. When it has been backen up—for it seems in most cases in become, as it were, a habit of the system—its return may be prevented by avaiding much exposure to the sun and smed fatigue, by regulating the diet to the standard of perfect health,—rejecting, on all securious, every kind of indigentible food, and refraining from all excesses in enting and drinking,—by bathing the head frequently is cold water, and by keeping the howels perfectly free.

MERCOUS HEADACHE.

There is another form of headache which is strictly of a nervous character. It occurs most frequently in persons who are debilitated and weak, reportally those of a nervous billions liabilit;—in deficate females, note organist in sedentary pursuits, that are attended with much care and anxiety. It is frequently brought on by great mental efforts, or long-continued study, &c. Great bodily fatigue will induce it in some persons. Thousands of women, after a hard day's work, or when from any cause there is experienced great bodily exhaustion, particularly if attended with much mental anxiety or other excitement—such, for example, as that caused by over-exertion in the care of a sick child, anxious watching at the behinde of a sick friend, by great alarms, implementations, loss of rost, &c.—will be strucked at evening or the next day with a nervous londache, accompanied by great debility and prostration, loss of appoints, and a feeling of other inability to perform any duty whatever,

With this headache there is extreme poleness of the face, reduced bent in the system, cold feet and hands, and weakened correlation. There is a peculiar susceptibility to somal; noise is the sufferer's greatest enemy; load talking, crying of children, the endden sharming of doors, reports of firearms, backing of dogs, shouting of a multitude, &c., tanke the patient almost frantic. Nervous headache may, without the aid of much modicine, by absolute rest and perfect quietads, aided, perhaps, by a cup of codies or tex, usually be rebeved in a few hours. It is in this form of headache that, after it has continued a few hours, the conversation and gentle voice of an interesting, entertaining, amusing friend, will, in a short time, often dispel all the trouble.

Having now noticed summarily several very common kinds of headarbs, each having pseuliar and distinct characteristics (often, however, complicated with each other), which, while they may to a sermin extent in some constitutions, by their depressing influence upon the citality of the system, indirectly contribute towards the development of reservatoris, have been alluded to here, not for that reason specially, but because the reader will be enabled thereby more distinctly to distinguish the pseuliar affection of the head which is almost invariably, mass arrested, the precursor of consumption, we are now prepared to direct our attention to

THE THEE CONSUMPTIVE HEADACHE,

This is of quite a different character from any we have been considering. It is generally beated upon the top of the head, along the jusction of the parietal bones, and very near their union with the occipital that is, at the back part of the top of the head. The feeling caperienced is that of a cousling weight, and hard, kegyr pain, The face becomes bloodless, and the eyes are glassy, the sight being often impaired, and all objects looking dim, cold, and gloomy. The spirits sink, and every attempt at classififness becomes abortive and a mockery; the courage fills, great fullgae is experienced in walking, and much weakness is felt in the knees and lower limbs. There is a distribution to any kind of effort, and the performance of light daties werns like moving mountains. What was once only a modorate effort, seems now an herculean task. The appetite partially or wholly field and food loss its pleasant taste. The borrels are dow, and in females the estaments become reduced and lessand at every recurrence. The general impression on the system is that of inactivity and great depression of life. The top of the head often feels much and dead, and as if a kessy weight were pressing upon it. This numbers is experienced on a circumscribed space over the top of the head; and on applying the hand to the scale on this space, it is felt to be actually cold. Scongtons there is a separation as though this cold, numb spet did not belong to the boad, but was separated from it. The pain that is experienced, is felt not merely

on the upper surface, but beneath the surface, and apparently deep in the head.

All other forms of headachs have their seasons of remission; but in the true communities handlede, when once it is established, there is no intermission of the distress, no moment of swiles, no respine and in unremitting, conscless forture ments to weigh down all the powers of life. It never ceases to be as object of constant and present notice. Whether alone to in the company of friends, in the domestic eircle or the erorded assembly, whether sleeping or waking, siding ar walking, laboring or at post-in the silence of our's own thoughts, or conversing with others, -whether listening to the notes of number or the voice of eloquence-looking upon the channe of nature or the beauties of art,-through the whole twenty-four hours-on going to hed not waking from sleep-at all times and everywhere, this releation pain pursues its victim. Often the patient cannot obtain sleep. Hour after hour will pass in sleepless misery; and through weary, restless hours, there are heard every tick of the clock and every breath of the companion of the sufferer's couch-every noise that breaks the stillness of night.

It is not surprising that such an enemy eventually indermises the foundations of the constitution, and thoroughly prestrates the vital powers. Seen after it commences its mischievous agency, the strength declines, the potient loses flesh, all color fides from the face, and the skin has a white, deathly bue. In a listle time, the breath becomes short, and the chest is found to have gradually less and lose elasticity. Soon a backing cough sets in, and then, step by step, the sufferer sinks down and dies in true tobercular consumption, attended by the ordinary symptoms of that disease. This is the usual trudency and result of the "consumprire bendache," when left to take its own course, minifranced by proper medical interposition; and the primary location of the disease is the brain or its investments, readers appropriate the designation of "brain pulmonary consumption" for the disease of the lungs which is finally developed,

I would remark, that after disease has become fully developed in the lange—when the cough is enablished, and softening of the tuber cles has considered—the headache gradually cases, and the sight resence its sented clearness; but the pearly appearance of the eyes, and the pole, shrunkes face, too truly indicate the presence and progress of the destroyer. I do not propose to detain the reader with any extended reference to the causer of this peculiar headache. There is only one that I will mention—that is, protracted mental suffering. This is a very frequent cause. The headache is found to come on after some crushing misfortune, bereavement or disappointment, from the effects of which the mind and spirits remain prostrated. I know a lady who, upon hearing of the death, by drowning at sea, of her first-horn sea, was taken with this communitive headache, which continued, without any conation, two entire years. Wives, undenly berefi of their lustands, and young ladies upon the death or desertion of their lovers, are very often attacked by this headache, and sink into consumption.

We come now to the important question, can this species of headacks be arrested and enred? And I reply, that, while it is an affection which requires the most careful attention of the physician, and
skilfully adapted remedies, and while it often exhibits great obstinacy
and persistence under the best treatment, it is nevertheless amenable
to medical remedies. It has fallen to my lot to treat a number of
cases of this discuse; and I have found in every instance, where I
have had the faithful and persevering co-operation of the patient, I
have been enabled to do so with success, and have effected a complete
cure. If the affection is the head is ecasonably removed, the large
will be saved from the destructive consequences which result to them
from its pertracted continuance. But, as will be readily intered,
the most careful measures must be early and constantly employed to
grand the large from danger, especially in those at all predisposed to
consumption.

CHAPTER IX.

FULMONARY CONSUMPTION-ITS VARIETIES-(Contents)

CATARRELL GOOSUMPTION.

This term conterts is popularly applied to a possible disorder in the nostrile, extending, in some cases, up to the forehead, and down the nasal passage into the throat. It is, however, by no means confined to the head, but extends often to the bronchi and lungs, and there constitutes sometimes a most formidable, and, not sufrequently, fatal disease. When the Impears involved, and the entarth this becomes chronic, it results often in what muy be properly termed outershall consumption. This is a discuss which is too often mistaken for traberealar consumption and brunchitis. Indeed, some physicians themselves make no distinction between enturels in the thront and beenchitis, nor between cutarrh in the lungs and inhercular phthisis. I regard the diseases as distinct in their origin and characters; and believe it to he very important for their successful treatment, that this distinction should be clearly understood and kept constantly in view. To sid us in distinguishing between them, I will first describe the common affection-

NASAL CATABILIT, OR CONTRA-

This disease is of very frequent occurrence, and is almost always produced by a cosmoon cold, occurring offenest in the cold and changeable season of the year. It usually begins with a partial or total stuffing up of one or both nostrals, with discharges of mucus from them, more or less produce, and is accompanied by heat, pain, and a bowy, opposed feeling in the forehead, and by frequent succeing. In some cases, on taking cold, large quantities of a thin, acrid, watery liquor flow freely from the nostrals. Frequently, this acrid water flows also from the eyes; and, in each cases, the duct or pipe which conveys the tears from the eyes to the metrils, is apt to become closed, when the scalding tears flow over the clocks, sometimes greatly irritating, and even exceniting the skin on which they fall. The smeering is often extremely anneying, being very violent and continuous. The cold or influence, if not arrested by thuchy sid, is upt to pass down upon the throld, and thence to the langs, leaving the metrils quite free until another attack. By repeated attacks, in very many instances, the disease becomes permanently located on the mining membrane of the nostrils, where it may continue a lifetime. The patient easily takes cold, and the cold always aggravantes the disease.

Nasil cutarrh being located in the fining membrane of the nostrile, it is proper to designate it a true abia dileval, excited by a cold. At times the inflammation, in its more advanced stage, is of a dry character, not producing much discharge; but masses of hard notice, and even scales come away. In these cases there is usually great scremes experienced in the nortrile. At other times, the disgase, even after it has become chronic, is of a lumid character; and the discharges from the mostrils will be very abundant, -sometimes very thin; at other times there is a thick, yellowish white muon or phlegm coming away, at intervals, in great masses. Nasal catarch is always a disagreeable disense, and sometimes, in aggravated cases, it. becomes dangerous. At times, it is attended with considerable forer, especially in the communication of an attack. It very often produces much benefacine; frequently a dull, meany feeling is experioneed in the forehead, back of the head, and top-of the head; often a distressing feeling of heavitiess is experienced at the root of the nose, which extends to the check-bones, sometimes preventing sleep, and always occasioning great discomfort. It soon occupies the nourile, and often passes into the spongy portions of the skull, above the tyes, under the cycleows, and in the farehead, preducing much anyasiness, and at times most intense pain. The matrils often become wholly or partially closed, so as to oblige the sufferer to lay in his sleep with his mouth open, causing a distressing dryness of the throat. The sense of smell is soon impaired; and, finally, in some rases, wholly lost. As the disease deepers in intensity, the spange bears of the now become affected and alcorated; in some instances opening the two motrils together, and in others even removing the boson from the roof of the month. In this terrible state,

and as it approaches it, it is called come. In horses we find a true malignant enturth, called glassies, which is awfully contagious, and in most cases that. It is not only contagious to houses, but men and women may take it from horses, as I have witnessed. Nasal entarch is, as I have before mid, usually brought on by a common cold, and is always argraented by it. One of its effects, even when not greatly agorausted, is particularly most unocessans. I refer to the fetid, repolicies small attending the secretions and discharges from the ness. This offersive orbit regulars all who approach the sufferer. I have known hadamle and wives separated by it, and loving couples driven from each other by the first blast of this styging rapor, Obsettions bloody scales form and are ejected, and great masses fall out through the back much passage into the threat, and are hawked up and expectorated. Catarrh is often noticed in children in the winter, in whom it is usually mild, only indicating a cold, which usually leaves on the return of warm weather. This discuss may exist in a mild firm for a great many years, without much ap-parent injury, and in many cases without my smell or ofter being perceptible; but, frequently, it gradually becomes a terrible discuss. It often passes backwards to the throat, and finally reaches the lungs, where it becomes enturrhal consumption.

THEATMENT OF NAMAL CATABLES,

When this disease exists only as a common cold, it is to be treated as each; but when it has become scated, we must treat it as a constitutional and local disease. We must give medicines to parify the blood and raise up the general standard of health. In the early stages of the disease, a charge of air is most valuable. We must fortify the large, and by all means prevent, if possible, the extern leaving the nostrile and going to them, most particularly in persons predisposed to consumption. Having in a measure parified the blood, and placed the general health and strength in such a condition that we do not fear any extension of the disease to the threat or large, we may apply local remedies to the nostrile themselves. These remedies will, of course, differ as the materia is dry or hand. The remedies indicated will be fully pointed out in the second part of this work. With proper treatment, the disease is fully curable.

CATABBRAL CONSUMPTION:

Natal extern I have described as a discuse tocated upon the scheciderian membrane, extending sometimes over the whole nontrils, passing appeards into the house of the ferehead. At times, the disease becomes very muligrant, breaking up and olcosating away the spongy hones of the rose, and extending into the envities of the cheek-hones; but this latter state is of very rare occurrencethe former is more frequent. When this malignant piceration takes place, it is attended by great inflammation of the posterior nares, or back terminations of the nostrils. After entarth has been very long established in the now, it will frequently extend itself to the usula and the cortain of the polate; it will breade the mut of the vocal ergans, occupy the windpipe, and finally locate itself upon the sixpassages and the lining membrane of the langs. In some cases it will only invade one lung;-in others, both at the same time; sometimes it occupies has one nostril, in which case it is not to extend to the lung of the same side with the affected nostril, and also to the same side of the throat. In its rarages upon the lungs themselves, it pursues the some course, and develops the same phenomena as when occupying the nostrila, with, however, the presence of other symptoms, peculiarly indicating affections of the throat, vocal organs, air-passages, and lauge.

Caturels may be very readily, and is other confounded with bromchitis; and, under the term beautistic, is generally implied all the excitation of superficial disease, scrapping the listing membrane of the throat, the traches, broachi, and walls of the air-cells. But I think, as I have before said, that estuarh is the throat and lungs is a differrat disease from broachitis, although they often exist together. I will endeaver to explain what these differences are, and the symptoms by which they may be distinguished.

Catureh may seesaly the nostrile, throat, air-passages, and the lungs themselves. Broachitis only accupies the throat and air-passages, the trackess, beenchi, and air-cells. In the former, the secretions are usually more abundant than in the latter. Broachitis is accompanied, in many cases, by a great deal of heat, dryness, and second of the throat; the tonsile readily swell, and remain swelled, and often become alcerated. The vocal organs readily inflance and swell also,

and the jutient becomes become, and may lose his voice altogether; he may, and often does, experience much tout and burning in his chest and lungs, which is greatly aggreeated by changes of weather, irreg. plantics of diet, &c. As I have said before, it always consucaces is the threat or large; but catarrh usually continences in the nostrils, and, in a large majority of cases, it is remarkably free from pain, seroness, and suffering; still, in some rare cases, great suffering is produced, especially when the disease extends much into the forehead, between the plates of the frontal bones, when the putient will experience a sense of heat and pain and tightness there. After the discose has made its lodgment in the throat, a cough is produced; in the first instance, by simple accumulations of philegra in the trackes, plaryex or glottic. The patient, on rising from bed, will often cough slightly, and expectorate considerable quantities of sticky, Unish murus; in other instances it is clear as beinglass, and is often cold, and always tasteless. Oftentimes the throat is showed by heroning and voluntary semping in the threat, without any ouigh being excited. One of the popularities of estarts, in which it differs from all other developments of mucous disease, is that the discharges have, in very many instances, a strong, musty, unpleasant solor. The patient will often hawk up from the throat master of matter that have a most intolerable smell; sometimes in little balls no larger than a grain of lorley, and often even smaller than this, and perfectly compact like shot, of a bluid color; upon breaking them between the fingers, they are found to entit a very offentive odes,

In estuach, the succes, as it is mised from the windpipe, the large, and throut, has often a dark, glasy character, which is not the usual characteristics of brouchial secretions, though the latter may be sometimes much like it. This blaish color and sticky character always characterise externt, and may accompany brouchitis.

I have known, in cases of catarrit upon the langs, the exhabitions with the breath to be so extremely offensive as to impregnate a whole room, and even a whole house. In broachitis, this peculiarly disagreeable feature is not observed. Even the secretions from polarouscy abscesses, from softening and breaking of tubercles, as well as all forms of broachitis, are rarely ever offensive in any degree. But when abscesses form in the liver, they may be there for a considerable length of time; and, finally, by adhesion between the langs, plears and liver, fistallous openings will be formed in the langs

from the liver, through which the matter from the abscesses will be discharged into the lungs and expectorated. This matter, which is of a dark color, sometimes almost black, has a most fetid smell, which will sometimes almost force the attendants from the poem. But this kind of discharge has no connection whatever with any form of enturely, and should never be confounded with it by any person at all acquainted with the two diseases.

This cutarrh of the lungs and mostrile is the discous that almost always affects children in the cold and changeable seasons of the year, producing large discharges from the nose, &c. The cough is loose and rattling, as if the windpipe was filled up with humid phlogue; the discharges are in these cases usually inoducous. Cutarrib, when it involves the postrile, throat, and air-passages, rarely excites much fever; the patient is soon weakened and wasted, but rather from the immense drain upon the system, than from any other apparent cause. In bronchitis, in the early part of the day the patient esa readily clear his throat, and is troubled with no considerable quantity of phlogm or mucus, but in the latter part of the day the throat becomes dry, hested, and house | and this houseness will rapidly come on with a chappy of weather from warm to cold. But in estarth, this effect more rarely takes place,-burneness is not meally produced, or, if at all, very slightly indeed. In cutarrh, when there is any hourseness, the voice is much clearer in the latter part of the day and evening, than is the morning; whilst in true brouchitis, the reverse is the case,-the hourseness being often much greater in the latter part of the day, especially in the commencement of the diame.

In besochitis, by much triking or public speaking, the voice becomes lenky—a great sensation of fitigue is experienced in the throat, which extends to the whole system, and after speaking much the patient fiels greatly prostrated. But in catarrh, talking will usually clear the throat, and the roice improves by exercise, whilst little or no sensation of fatigue is experienced. Catarrh is usually slow in its progress; but bronchitis is a most aggressive disease, and steadily, and with slight intermissions, pursues its course to a fatal termination. In catarrh, the tongue seems enlargest, flatby, cold, and colorless,—labless in its aspect, and moist—covered more or less with a viscid mucus, or thick salira, and is also more or less conted. This appearance extends to all parts visible on looking at the tengue and into the threat. In broad-life these parts are usually dry, and only in the later stages do they look cold and lifeless, when they may do so; but at the same time they may be exceedingly sore, accompanied by a cruel burning and smarting. In entarch, smallering is enterly ever difficult, whilst in broad-life it is often so slaring the whole course of the disease, but especially towards the close. In entarch the breath is assually free and strong, but in broad-life it is short and forble.

Such is palmounty enturely and these are some of the symptoms by which it is discriminated from broadcitis. The treatment also is very different; as what is useful for one, is frequently incompatible with the other. During the progress of catarrhal consumption, ben fittle fever is ever excited, and little pair is ever experienced, except in very warm weather, or upon taking cold. The putient much exer experiences night-sweats, or any incommismos of the kind. The face is sellow fushed, but is more apt to be pale and callen. Heetic fover, which occurs so often in broughist consumption, is exconlingly rare in estarrhal consumption. The appearance of a person in entarrial consumption, is that of debility, weskness, and Soldeness. In the early stages of the discuss, he will rarely experience my shortness of bevolls, and it is only when considerably advanced, that this symptom occurs; as his strength declines more and more, death seems to occur from filling up of the large by the catarriol secretions; but in beneatial consumption, the secretions may diminish towards the close, and the patient may expire with all the symptoms of inherestar phthisis. Very few of the other organs of the body are much affected, for a long period, in the person having entarrial consumption,-the appetite is usually good, although in some cases it may be poor. In broachial consumption, towards the above, and even in the early periods, we often find the stomach much affected with heat, burning, and humor; and in bounchial consumption, also, the bowels are very not to become affected, and often at an early period of the disease the patient is affirted by a bad diarrhous; but in catarrhol consumption this rarely or never takes place. It seems a kindly discuse, that weses out the potient without inducing much pain, or much suffering of any kind. The fetil. smell, noticed in the early part of the disease, almost entirely disep-pears in the latter stages; and then estarrly is no longer distinguished, by this feature of it, from branchial consumption.

In cotarrh, the patient often experiences great weakness about the top of the class, under the collectione, which, however, does not affect his voice; but in becautitis this weakness is felt in the threat itself, and in the vocal organs, by which the strongth of the voice is immediately and greatly impaired, leading sometimes to its total loss.

From what has been said, it will be seen that covered coveringtion is a disease which, although it is not perhaps the cause of as much mortality as bronchial tubercular communities, and is assailly more readily cared before there is any considerable destruction of the lungs, is, nevertheless, a very formidable complaint—a complaint demanding the early attention of the potient, and the most prompt and efficient medical treatment. In many instances, in his early stages, it more thoroughly masks its real character, more emplotely deceives its victims, and makes its approaches more insidiously than even inherentar platisis. There are thousands who have cutarth in the head-the nostrile, the lock need passage or the thous, perhaps for months or years, without suspecting there is a listility that the disease may, at any time, be transferred to the burgs. Not imagining there is any danger of this, rosal cutarrh is often treated in a manner directly calculated to drive the hunor upon the lungs. Astringents, entities, and various other remedies, are recklesely applied locally to the neutrils and throat, designed to dry up the discharges, while no measures are taken to guard the lungs, or to provide an escape elsewhere for the suppressed poisonous mercians. This treatment may be successful in relieving the head, but too often only at the expense of the patient's life, by transferring the disease to the pulmonary organs, and developing enterful consamption. Never, in any one, should local applications be made for cutarrb in the head or throat, unless the most efficient means are at the same time employed to protect the lungs against the disease, and expel from the system the comrehal bomor,

When the catasthal affection invades the lurgs in cases where there are already tuberculous deposits, we have that rapid process of destruction of these organs, known as goffspive consumption. It takes place in these born of consumptive parents, or belonging to consumptive families, in whom there is a strong profisposition to pulmonary disease. Tubercles, in a crude state, may exist for years in the large of such persons, unknown to them, and but little impairing the general health, which wait only for favorable conditions to become developed into active consumption. The natural tendency of the tubercle itself is to dissolution, and the consequent destruction of the long in which it is deposited. And this state it generally renches sooner or later; mostly, however, by slow progress. But when catarril attacks longs thus tuberculated, the tubercles at once take on an active inflammation, and are speedily dissolved, causing rapid alcoration and destruction of the longs. From these remarks, it will be seen why it is that some persons, in apparent health until taking a cold which settles on the longs, are then so sendenly thrown into a "quick consumption," and hastened to the grave.

THEATMENT OF CATABERAL CONSUMPTION.

In the treatment of catarrhal consumption, we should first notice the degree of progress it has already made, and the stage of development it has reached. If the catarrhal inflammation has not yet passed from the mostrile to the throat and lungs, we may hope to cure it before it does so. Here we shall again find striking differences between entarch and broachitis,—as catarrh requires, and will bear full stimulating remedies, whilst in broachitis stimulating remedies are after wholly inadmissible.

We must not forget that extern, wherever located, is, like bronchitis, a time skin disease; and that, although we may do very much to mitigate it, and to prevent its spread and increase, yet still a permanent and radical cure can only be effected through the use of smitable constitutional antidotes to the points which has produced the returnful disease. In the second part of this book will be found a copious list of formulas of remedies, adapted to the cure of externa in all its forms. The general treatment for external consumption in the same as in all forms of palmenary consumption. Our efforts must be directed to devoting the standard of health as much as possible, and to strongthening and fertifying the large, so us to prevent the progress of disease upon them. I alvise mechanical remedies, the same as in any other form of plathisis—the use of the inhaling-tube, posetising full, long breathing, keeping the cheat fully expanded, &c.

It is in this form of long and throat disease, that medicinal inhalstions are constince exceedingly useful. The throat, face, and elsest should be bathed freely in cold water every day, and even twice a day where it is convenient. In describing simple catarri, I have indicated the number of its cure, and the measures necessary to prevent its progress. The same treatment should be continued when it has extended to the throat and lungs.

Change of air, journeying, son voyages, do., often exercise a happy effect in relieving and curing catarah and catarrhal conmention.

CHAPTER X.

PULMONARY CONSUMPTION-ITS VARIETIES (Consum

PERCHIPIC CONSUMPTION.

Practices is of very common occurrence, and it not unfrequently. is the origin of a fatal disease of the large, which is properly termed plearitie communition. I would here remark, that there are two varieties of absurier, viz. obrassic and scots. The term plearity itself is derived from the word pleasa, the name given to the membeans that envelope the lungs. This months one overs the lungs, and is then folded or reflected lock, and lines the walls of the chest, or the interior surfaces of the ribs. It is a serous membrane, and constitutes a eack, closed at all points except where it is pierced by nerves and histodyessels. Being thus in the form of a log, it is eapublic of holding fluids, and it very often occurs that water is effised into it, as in droppy of the chest, where it presses upon the lungs and enlarges the chot-the fluid being retained in the pleans, and not allowed to escape into the lungs or cavity of the chest. Now, this extensive membrane may, and often does, become diseased. When it is the subject of nexte inflammation, the disease is called acute plearisy. When this inflammation continues for a length of time, and is not completely corrol, it losss its nexts character, and becomes chronio-and the invalid has chronic plearisy. So, also, change plearies may take place without being preceded by sente inflammation-the pleurs becoming slowly discused.

There are thousands of persons who are the subjects of a slow, perstracted, chronic inflammation of the plears. Of this, the most common symptom is point in the side. It is true that pain in the side does not always indicate inflammation of the plears—being caused not undequently by a rhounastic or some other affection of the muscles of the closet. Still, the pain of which I am speaking, more frequently than is usually supposed, proceeds from a low charake inflammation of the membeane curveloping the large and living the

chest; and this pain, long continued, is very often the precursor of consumption. Indeed, it is proverhial that, with persons at all predisposed to pulmmary disease, pain in the side is one of the very first indications of the approach of the destroyer. It frequently occurs in young persons-particularly those at school, sedentary people, hidles who six and sow much, those who at work or study, or for my purpose, sit in a confined, stroping position. Cold feet, exposure to dump and chilling winds, or taking cold in any way, will sometimes presluce, and always approvate it. Although this pain may not in every case indicate the approach of serious disease, still it ought alwars to excite sufficient apprehension to buil the patient to take the necessary measures to remove it as quickly as possible. It should move be neglected. If it proceed from infiguration of the plears, the probability, may, almost cortainty, in that, cooper or later, pulminory emangation will be developed, inless the inflammation is subdued and the pain removed. It should excite ahera for another reason: it may indicate that telescolation has already communeed in the lungs-the disturbing influence of which has been communiexted to the membrane surrounding the burgs. This is most usually the origin of pools in the side in those who belong to communities families, and are thus hereditarily predisposed to consumption; and we meet with multirades of these cases. When this pain is experienced by such a person, a most careful examination of the lungs should at once be made by a skilful physician, and not an hour should be lost in promptly adopting means to arrest the discuss.

I have said pain in the side may proceed from some affection located in the walls of the chest. Sometimes the master external to the rile is the sent of the disorder; more frequently, however, those between the rile, called the intercented number. When the pain proceeds from this source, it is not as alarming as when caused by a disordered state of the picura. Still, it is hazardens to permit it to continue for any length of time, particularly in those in the slightest degree predisposed to consumption. As any one may perceive, it interferes with respiration, and thus tends to contract the chest, Persons suffering this pain, find that a long, full breath increases it. Instinctively, therefore, the breath is shortened, and there is a constant effect to breathe as little as possible. Thus the large tend to become shrunken, and the chest contracted; a stricture and sense of tightness arross the top of the chest is one felt, and responsion

becomes habitually short and fields. In such persons we notice a peculiar habit of frequent sighing, with a kind of jerking or entoling impiration of the breach. Of course, this state of things tends strongly to develop positive disease in the lungs.

I ought to mention here one possibility of this poin in the side, which is very apt to mislend and deceive both the physician and patient. I refer to the fact that it very frequently occurs that pair is felt is one side, while disense appears in the long on the opposite side—the bury on the side where the pain is felt, remaining for a long time sound. Disease of the lungs is very upt to be looked for, by the examining physician, where the pain in; and not found there, ha may conclude none exists. In persons prediquised to communicion, pain very often will commence in the left side, and will continue there with considerable severity for a length of time-perhaps a numher of years, attended at first only by shortness of broath, it may be: but finally a cough sets in, with more or less expectaration—the patient passing gradually through all the earlier symptoms to those of scated telescenter consumption. From the pain being in the left side, the physician, patient, and triends are led to conclude, as I have mid, that the yelmonary disease is in the left lung; whereas, in a large majority of cases, the tubercular deposits will be found to commence in the upper part of the right lung, and now word when the pain has long been in the right side. It is not difficult, I think, to explain this peculiarity. The cause of pulmarmy disease, which I have in persions pages described as existing in the blood and fluids of the system, becomes located in the hungituin, on one side of the chest while it expends its force in the membrane and investments of the lang on the other side. These membranes and the walk of the chest, being largely famished with serves, are highly encoptible to pain; while the structure of the lung is such that it may be entirely destroyed by dismor, and yet little pain be experienced. But whether this explanation is correct or not, the fact is undeniable that, in electric pleurist, or in rheumstism affecting one side, the opposite larg is upt to become tabercainted before the Isag of the according or pleuritic side is affected.

In some cases, especially of acute plearisy, water will be rapidly secreted in that part of the plears affected, and offused into the plearst mak, which, being thus distended, will press upon the lobe of the adjacent lung. The effect of this pressure is of course to ex-

clade the air; and if long continued with considerable severity, will; be oblinerating or consolidating it, or by emoing subseculation and althrate electation, distroy the larg. This pressure upon the large also occasions adhesions between the lungs and the pleara, the pleara and the wall of the clear, or the opposing surfaces of the plears itwit. By such adhesions, respiration is impoled, the natural play and expansion of the long in that side prevented, and positive disease frequently indused. Unless the water officed into the plears by inflummation, is seen drawn off by alsorption, or in some other way, the Imp will usually be destroyed as far as the pressure extends, Instances of this kind are not unfrequently seen. In most cases, after the water has been removed, the ribs, previously more or less present centward by it, will full down so as to embrace the collapsed lung, and thus leave an external depression. This depression is often plainly distinguishable by the eye; and it will be observed that the ribs, thus depressed, are not moved or lifted up by the full-st implimtion of air, as will be readily inferred. The pressure of water in the plourd entity is extremely hazardons to life, and, when accreted, the most efficient means should be promptly combyed to effect its absorption, and arrest the inflammation which has caused it. Where pressure upon the large continues for any length of three even though the states is eventually removed, tuberculation and ultimate destruction of the lung, on the affected side, is upt to follow - true commungtion taking place.

It sometimes occurs, that after the effected water has disappeared, and the patient has been restored apparently to confortable health—restning, perhaps, his seelinary according and hebits of the she will be suddenly, and at an encaperage moment, attacked by bleeding at the large. In these cases we may be quite certain that the homorphage takes place in the lange on the side where inflammation and efficient have been experienced; the presente upon it by the literaled place, the inflammation and the efficient of water, having cased a congestion of that lang, which resolve in bleeding. When this bleeding occurs other pleasure inflammation and efficient of water, are must normly look for inflammation and efficient of water, we must normly look for inflammation, unless presented, soon to take place in the lang on the affected side, and form which the blood comes; although, as I have before soid, in ordinary cases of paints only, for reasons already stated, tubersides are upt to be first deposited in the lang on the side opposite to the painful one.

Persons may, it is true, suffer from pleuritic inflammation and pain in the side, and still mover be uttacked by homorrhage or inferculation. I have known pain in the side to cominue for thirty years, more or less, without inducing consumption; yet it is extremely ansafe to expect such a result in any ordinary case, for while these instances of protracted pain do semetimes occur without serious consequences, we all know that very frequently pain in the side is followed, in a few weeks, by congestion on the affected side, attended by homorrhage from or rapid inherentation of, the apposite lung.

I would here remark, that in some cases the lower part of the lung, or the membrane covering it, or the number covering that part, may be affected by pleuritic, neutralgir, or rheumatic pain, and the upper part of the same lung may become tuberculated, whilst the appoints lung remains free from disease.

PAIN IN THE SIDE SHOTED NEVER BE XELLECTED.

I desire here to repeat, and if possible imporse, the admonition that point in the nick should never, in my case, be neglected; and most especially in those who belong to consumptive families. It may not, it is true, indicate serious disease; but it so generally does so, that, as a premenitory warning of the approach of the destroyer, it should be instantly heated. If it is needed, and efficient measures are always taken in season to returne it, however frequently it may return, life may be prolonged to a good old ago, which would otherwise be cut about at an early day.

I have now in my recollection a lady who, at the age of thirty-two, was given up to die of communition, who, however, fired to see her eightieth year, and died at last of an affection of the brain. During all that long period of ever forty years, she was subjected to attacks of pain in the loft side, but which she never registered for any length of time. Whenever it accurred, she at once applied external contentuations, by Uniters, stimulating liminouts, dec., followed by anodyne planters, to the side. In this way, in two or three days, the suffering would be removed.

In a great many cases, towards the termination of fever, pair in the side will come on and the discuss will manifest a disposition to beste itself them, reposially in persons inclined to consumption. This must be promptly resisted, and the patient, particularly if fields, should be encouraged to keep the clean fully expanded by long, full breathing, &c.

TREATMENT OF PLECEPTIC CONSUMPTION.

In the trentment of this disease, whether for prevention or care, the first step to be taken is to remove the existing information and relieve the pain. So long as these outlime, the integrity of the large is inevitably endangered. Mild counter-irritation, on the surface of the chest, by plasters and stimulating and anodyne framents, may be beneficially employed. The bowels should be kept free, and gently stimulated a little beyond the normal condition in health; free perspiration should be premoted by bothing and friction on the surface of the whole person; the kidneys should be maintained in the full and complete performance of their proper function; care should be taken that the fiver healthfully performs its duty; the nervous system should be maintained in a state of healthy quietnde; and, in fine, the whole system should be brought at once, as far as possible, into a condition of rigor and satisfity. I would repeat the remark, that it is specially important that the boxels should be kept in a good rendition, as simple costiveness is not unfrequently the origin of obstimute unin in the side,

In relation to counter-irritants, I would add, that in my own penctice I very soldern employ Storow, or vestication of the skin, but rather apply irritating liviments, and cloths disped in hot or cold water, &c., which will generally subdue the pain without inducing debility, or exciting or weakening the system. Bisters are, indeed, often useful in removing deposits of water that have commenced forming in the plones, in the early stages, frequently removing it entirely. In acute pleasing, however, and before water has been offered, I should never advise the application of blisters, especially in the commenosment of the attack, because they serve to increase the irritation of the part affected, reduce the strength, and prostrate the nervous system. Sometimes, persons in confirmed consemption are attacked with notic inflammation in the well portion of the lung, extending to the pleura adjacent. In such a case it is very dangerous to apply blisters, although at first thought they might seem to be indicated; because the soreness and pain cursed by them prevent the expunsion

of the long in beenthing, and induce the patient to suppress his cough as much as possible; the suffering they occasion rendering it all but impossible for the patient to cough freely. The longs, in consequence, become londed with secretions and filled up, perloque even greatly congrated, so that recovery in many cases becomes impossible. The long had better be relieved by the application of one or two locches or mestard-positions, irritating liminents, cloths dipped in hot or cold water, &c. In such cases, I do not like to do any thing which shall, in the slightest degree, powerst the patient from tracity expanding the clost.

While the above treatment is being pursued, special efforts should be made to calarge the chest, and expend and fortify the lungs. All confining labor and sedentary accepations, and all continued ecoping and constrained positions, should be carefully avoided by those subject to a pain in the cide. An erect posture should be maintained; healthful executes in the open air should be taken duity; appropriate and regular house of test should be observed, and thus every mechanical and external cause of disease should be removed. Long, full breaths should be frequently taken, and, if necessary, an inhalingtube used; and well-fitting shoulder-braces should be worn, if there is the slightest disposition to steep. Offendines this mechanical treatment alone will remove what has been considered a scaled pain in the side.

Let me sid, that under appropriate treatment, and if not neglected until the large are disorganized and the constitution broken down, please'ric communition is eminously curable. Thave treated thousands of cases of pain in the side, and I scarcely remember a solitary instance where I have failed of a perfect cure, where the remedies I have prescribed have been judiciously employed. Of course, we must remove all the cases that I have mentioned as producing pain in the side, in order to effect a permanent cure; each as dyspepsia, rustiveness, humar in the bleed, correction of all constrained positions, i.e., stooping chest, and any and all causes that tend to contract the chest, and in my way depress or break down the general health.

CHAPTER XL.

FULMONARY CONSUMPTION-ITS VARIETIES-(Consumb.

DYSPECTED PELASOCART CONSUMPTION.

Then pulmonary consumption, in presums having any predisposition to it, not unfrequently originates from derangement of the stomack, or some disorder of the digestive system. The dyspepsia which thus results eventually in discuss of the lungs, often commences with a sinking, exhausting, all-gone feeling at the pit of the stormen, Sometimes this feeling extends up on both sides to the collectiones, The sensation is often most prestrating. The appetite is usually enpricings, being either very poor or very craving. The food some on the stomach, and often rises up in a sour water. Frequently, severe pains are felt at the pit of the stormeh, or in that region, sometimes extending up into both sides of the breast, under both nipples, and sometimes going directly through to the spine, between the shoulders, helind the lower end of the breast-bone. It is a grinding, growling, winking pain, and is greatly increased by certain kinds of food. It will mently be falt most on one side, either right or left, not extending to both sides at the same time. In some cases, a most distressing pain in the stomack, or in the super part of the abdomen, will occur at regular periods after eating, say one to three hours, and he very severe for some time. Often a faint sickness will be experienced at the stomach. Sick handache, very severe and very slarming, will sometimes occur, followed by bilious vomiting, more or less arrent; and these attacks of headache often come on periodically, at intervals of one to three or four weeks. The bowels are usually inregular; there may be costiveness or diarrhers—one or the other prevailing; but very often they will alternate, one following the other at longer or shorter intervals, and both attended with a feeling of great weakness of the storagh and howels. The tongue is hubitually conted; and there is other a foul, sour, or bitter taste in the

mouth. Very frequently, canker seres appear in the mouth or finces, on the main, under the tongue, on the maids of the cheeks or lips. &c. Heat is often experienced in the sales of the feet, the palms of the lands, and in the face. There is frequently much arbitry of the stomach, with sour, acrid, or scalding eractations; and a distressing, burning sensation along the whole track of the gullet, from the stonach to the mouth. This burning is also felt often in the stormely, sides, chest, under the shoulder-blades, under the breast-beau, and constinues in the lungs themselves. There is usually great and longcominged trademess and soreness about the pit of the storach. All exertion of the arms, as in everying, and a stooping posture, as in sewing much, and all litting, our followed, more or loss, by aggravated pains and wankness about the pit of the stousch and in the chest. Semetimes neuralgic pains are felt in the face, and side of the neck and head. All these erruptions are greatly aggravated by colds, by all excitement, either hoddy or mental, and by all excesses in eating or drinking. So consiste to disturbing influences do many become under this disease, that it would seem that the least thing will throw them into disorder, and life is rendered truly wretched,

In dyspeptic consumption, veniting of the food is often experienced, After a cough is established, this distressing symptom may confinue to harms and reduce the patient until the close of life.

In some cases there is a complete stoppage of the food in the stomach, comeloning most unphysicat, and even most distressing symptoms. Indeed, it is constimes the case that this suppage of the food in the stomack power subfouls fital. There no doubt that many of the sudden deaths from when is supposed to be heart dissoot, are caused by a simple scoppage of the food in the storach. In these cases, the food ferments, and the stomach becomes distersed with gas, when it presses against the heart, and impedes its action. In consequence of a partial suspension of the circulation of the blood taking place, the brain becomes congested, and apoplexy and doubt follow. The less appraisted symptoms of this stoppage are, a dead Leavy weight at the storatch, a distressing sense of felness, as if the heart and lungs were pressed upward, pain across the body at the pit of the stomach, a dall drowsy feeling, a sense of figures is the head, right of blood to the head, and sternich, coldness and atmitness of the feet, and hands, &c. Some, and purhaps many of these symptoms are usually present. They come on sublenly at times, are extremely severe while they last, and then perhaps as suddenly for the time saluido, to be renewed again after another meal

In some, the food lies as it is onen, and is changed very slowly; it may be for days on the stomach, and hardly any change take place; indicating that the stomach is cold and lifeless, and requires stimulants. In others the atomach is feverish, and reemingly an fire, furbidding all stimulants. The stomach is constinct loaded with hile, which disturbs digestion, emeing sickness, with other had symptoms.

DEET YOU THE DYSPEPTIC.

In this disease, scarcely any specific rules can be given in regard to diet. Each patient has to be governed very much by his own experiences. Every dysperate has found that some kinds of food, which perfectly agree with others, and even with himself in some conditions of it, he cannot cut at all without causing surrence disturbance. Often one article of food after another is rejected, until it rocus impossible to find any thing which the sturnch can digest, and food is taken only when enture is sinking for want of nourishment. The dyspeptic stomach ovens to be governed, in accepting and rejecting various kinds of forst, by no far that has not numerous exceptions. What one can gut, another can scarcely look at ; most fully confirming the adage, "One man's ment is mother man's polson,* Most especious are these poor dyspepties in their reception and rejection of diet. One can ext only fresh leef, and this prepared in some poraliar way; perhaps only a steak very rare or very well cooked: sult or corned ben' or purk, he cannot smallow at all. While mother cars salt pork and heaf and no other meat. One can entflysh park, but not pork salted or smoked. Another can cut only roast or broiled motton, or both, or west. Some can sat salt fish, has not firsh; others only firsh falt. Some our est only poultry; others only game, die. So with bound; one can est only combroad, or that made from unbolled flour; others only stale wheat bread. One can cut vepetables of some kinds; mother cuts no vegetables. Some con drink ton or coffee; others not, do.; so through the whole entalogue of odibles and drinkables. No two dividenties agree in all things. In some cases, we find a debility of the storagh, that prevents digestion of almost any food, save the lightest; and yet what is lightest and emiest in one, is impossible in

mother. Some carnet drink water at all without great distress; in fact, exject all thirds, and take only solids. One can take hot drinks; others only cold drinks, &c., &c. Stormachs differ so much, that the experience of a single person, as regards the dignostibility of different articles of food, famishes by no means a safe rule, What was true, therefore, of the stormach of Alexis St. Marris, Dr. Benamon's celebrated subject, may not be true of all stormachs. Indeed, no positive rules of dict can be laid dearn; but individual experiences must be allowed to control or modify all directions.

Many physicians are quite doguntic, however, on rules of diet, persunctiveily advising one thing and neglecting another, in all cases of the same complaint, without regard to the patient's peculiarities and experiences. It would be found on inquiry, I think, that this arises from the fact that the physician drawn his conclusions from his own personal experience of the effects of different kinds of food spot himself; and that he presentness, as a general rule, food good or bad, as it agrees or disagrees with himself. Governed by this experience of their own, we find physicism often differing most confinelly as to what is proper diet, and recommending or forbidding certain kinds of food on what seems mere exprice. Oftentimes the strangest artides of diet are in this way advised and haded. I know one old physician who thought haked peck and bears fully equal or experior in its health-giving proporties, to my article of food whatever, He said children from weeks old might out baked park and beam with perfect impunity. Undoubtedly this good doctor slept plusantly on pork and beans.

DESPENSE DANGEROUS IN THOSE PREDISPOSED TO CONSEMPTION.

It is not, of come, always the case that a failty digestion causes disease of the polaronary organs; as we much with multitudes of dyapoptics who have been invalide for years, and whose large remain sound. But in those who love materally small, weak large, or who belong to consumptive families, and are thereby presimposed to consumption, dyspeptia is very liable, moner or later, to hasten the development of pitthesis. In each persons, after dyspepsia has contained suchecked for a time—it may be for years, or it may be only a few months—a dry, irritable, backing cough sets in; or there come on symptoms of breachitts—with sore throat, a sense of rightness stress the chest, weakness of the voice, expectaration, &c. Then rapidly follow a wasting of the fiesh and strength, short breath, shrinking of the chest, bestic fever, night-sweats, more to less pain about the chest—the sufferer scaking down and dying with all the circumstances of true pulmentary consumption. And let us say, this fittal decline into consumption takes place in thousands who, notwithstanding their natural predisposition to lung disease, might have never laid it but for the dyspepsia.

There are many who have a pretracted, sancying cough, and are teld by their physicians that it is a "dyspeptic cough"—that it precords from the stormeli, doe, and that therefore they need feel no
apprehension in regard to it. It is often true that a cough is caused
by a discretioned storaged; but in no case should the subject of such
a cough listen to the syren song of no disager. There is danger, and
such as should drive the invalid to sock help at once, and not to remit his effects for relief until the cause of the cough is removed. And
I would particularly must this warning in the cars of every person
who have a weak voice or close, or who is, by his form, his family,
or his occupation, inclined to consumption. Such persons should
not, as they value their lives, neglect or disregard dyspeptia, if they
have it in any of its forms, but seek a curr without delay.

I should with that, through all the singes of this form of communition, dyspopala, as it commences the discuss, so it continues a marked feature until life ceases, or the patient is cured. In many cases, the most shocking sore mouth takes place, which, if not relieved, most ernolly embittees the latter days of life.

CAUSES OF DYSPERIE CONSUSPINOR,

No class, no station, no occupation, no place of residence, no period of life, no sex, so age, are exempt from dyspepsin; and it may be said that hardly my habits of life, and rules of fliet however guarded, will always insure us against it. Said, some occupations and confictions of life dispose to it more than others. An active, considerer life, medicately hard labor, and wholesome, plain, coarse diet, will confer the grantest exemption from it. These who observe temperance in all things, are most likely to have a good digestors. Badly cooked and caucid food, very rich and high-seasoned diet, excess in eating, ourcess in abstances, irregularity in eating, confinement to

study, devotion to literary pursuits, long-continued sedemary babits and labors—protructed, exhausting, in-door labors, excessive use of tobacco—grief, anxiety, and care—sexual inhalpence, indefent habits, foul air, costiveness, derauged liver, deraugement of the kidneys, checoic diarrhous, female irregularities, all debilitating and long-continued fevers, hands medicines that injure the costs of the stematis all contribute to produce dyspepsia, and to prepare the way for dyspeptic consumption.

CURABILITY OF DESPERTED CONSUMPTION,

Consemption brought on by dyspepsis, is usually obstinue and deficult to manage. Dyspepsia will alone often tax the skill of the physician; but when it is complicated with a disease still more serious such difficult to cure, a combination is presented, which calls for all the available resources of medicine. Still, the subject of this combined discuss, dyspeptic consumption, should not despuir. It may he cared. I do not, of course, mean by this, that it is carable in energione; it may, of course, pass beyond the reach of remedies, But I mean to be understood, that it is not in its nature incurable. As in other forms of consumption, so in this; before the constitution is broken down, and the digostive powers completely prostrated, and before the lungs are extensively destroyed, the initient may generally be saved. The treatment I employ in this form of disease, so far as it relates to the lungs, does not differ essentially from that which I use in simple taborcular phthisis. Remedies are of course employed to meet the desceptio symptoms, and these are adapted to each individual case.

I seed not say that it is wisset not to allow dyspepsia to degenerate into eccumption. And it used mover do so; for indigention, in all its proteon shapes, is perfectly curable, when the proper treatment is supplyed. I have treated many thousand cases of dyspepsis, and I do not secolked a single case where the dyspeptic was not perfectly cured, when the remedies prescribed have been faithfully used; the patient being restored to his full strength, vigue, appetite, and especity to ext and enjoy his cedinary food.

CHAPTER XII.

PULMONARY CONSUMPTION-ITS VARIETIES-(Common)

REPARTO (LIVER) PULMONARY CONSUMPTION.

Disease of the large, produced, or brought on, by diseased liver, is of thequest occurrence, and may arise in two ways, viz. : 1st, by shopesses in the liver, which break into and discharge through the Imps; and, 24, by the effects of a disordered liver, communicated to the lange through the general system. The upper, rounded portion of the liver, lies under the lower part of the right lang, and is only separated from it by the displanger or midriff. This portion of the liver is at times the sem of inflammation, arete or chronic, which occasionally runs into suppuration, and forms abscesses. Adhesions to the displangue, and thence to the plears and the lung, may take place, through which a fittions opening may be made from the liver into the lung, communicating with the air-passages. In this way, an abscess from the liver may be discharged through the lung. Physicime, not aware that this may be the case, and not familiar with the mode of critically exemising the long itself, will often be entirely. deserved and mistaken, and, overlooking the discuse of the liver, conclude the lung to be the original sent of the disorder. Disease of the Jenzy thus induced, may be preperly called Aspettic pulmonery coarsuption. It must begin with much pair in the right side, often extending from the right shoulder to the right hip, freprinciply years severe. A dry, harking esough sets in sooner se later, which is very barraring, and almost constant, with great shortness of breath; headache, sickness at the stouast, and obstitute costineness monily occur, with forer, chills, and night-sweats. Sometimes there is smalling, more or less extensive, in the right olds.

After these symptoms have continued some time, suddenly and without not notice, after or during a violent fit of coughing, the patient begins to raise great quantities of pus, often a pist or more in a short time, mixed more or less with blood. The matter this expectorated, has a most awfully food ofor; so offenive is it that it is almost impossible for the patient's attendants to stay in the room with him. Constornation, of course, is felt by the patient and his friends, and also by his physician, if he is not aware that the origin of this discharge is the liver.

The left lung, not lying in the vicinity of the liver, is not of course liable to be effected by a fiver absence. It is only through the right lung that these absences break their way and discharge. I have, however, som a case where a liver absence breaks into the pericardina, or boart-case, casoing immediate death.

This form of hopotic consemption is usually very curable indeed, if properly and seasonably treated.

The other form of hepatic communition may result, as I have intimated, from the influence of a disordered liver upon the general system, and thence upon the Impa,—from congestion, or torpor, or fatty degeneration, or obstructions of the liver, which, though not resulting in abscess, may sometimes irrunts the Impa by the contiguity of diseased timue; generally, however, by the wasting of the general system, from had hile, or jumilion, or continuess, or chronic disertion, or imperfect digestion, resulting in had, poisonous blood. In a vast many instances, in this way a cough is excited, and tabercies may be deposited in the large, and bronchitis came on, so as facilly to sink the mhappy potient into true phthisis.

This lives consumption mostly occurs in districts where there exists much malaria, and where billous fevers and ague and fever is consequence prevail. Offentimes the patient will find himself declining, and his disease will have a distinctly marked periodical character. He will have his and days, when his cough is free, and all his symptoms will be unitigated, perhaps even disappear; and then his bad days, when all his symptoms will be aggressated, his cough particularly being racking and well-righ insupportably severs. One would almost think he would cough himself to death in a short time. These "bad" and "well" days will be periodical, as in codinary ague and first. In persons not greatly predisposed to long discuss, this form of consumption may go on for many years, readering them most truly naturable, but not soon ending fatally; if predisposed to pulsectary discuss, lowever, it rapidly tends to a fatal termination, if not promptly cared.

A BILLOTH CLIMATE BAD.

It is a very common popular opinion, and one held even by some, otherwise, intelligent physicians, that palmounty consumption prevails less in a highly bilious climate—in these parts of the country most subject to bilious favors and ague and fever—than is phore favo from moderial influences. Indeed, many suppose that these are good places for the consumptive to visit, and in which to reside. No greater mistake can be made than this. A continuance of ague and fever in parastes at all predisposed to consumption, will most assuredly large on discuse of the lungs. Indeed, its long continuance may, and often does, induce consumption in those not at all constitutionally predisposed to it.

In truth, every description of liver complaint is liable to bring on consumption in all persons predisposed to it; either by direct contact and adhesions of a diseased liver to the lungs, or by the effect of hillary derangement upon the general constitution, impairing digestion, vitining the blood, reducing the strength, and = producing broachitis and inherentosis.

One of the possible inflications of hopotic commutation, by which it may be usually distinguished, is a pale yellow, tailow-candle look of the complexion, so strikingly different from the hoctic tints in the true original branchial inderentar phthisis. In this variety of consamption, the patient is also upt to bleat such—the feet, lands, person, and face sarell, and often there is a rapid tendency to universal droppy.

Every form of hepatic consumption is generally very earable, but usually requires a peculiar treatment, different from that indicated in any other form of lung discuss.

PATTY DESENERATION OF THE LIVER.

It is proper that I should here notice a condition of the liver not unfrequently found in consumptive patients, and which is appropriately termed a furly degeneration of that organ—a condition is which the liver in discovered to be partially or wholly converted into fit. It is a discovered which is the effect, not the cause, of palmonary disorder; but when came produced to the extent it is often found to reach, will itself prove fatal to life, even though the lungs should be restand to somelness and health. In some who have died of phthisis, the liver is found to be greatly enlarged and converted into what appears to be a solid mass of fat-enery trace of the pocular organiaution as liver having been obliterated, and nothing remaining but the hepotic blood-vessels tratering the fitty mass, and the billiary ducts imbedded in it. From the state in which this outire transuratation his taken place, to that where only slight fitty deposits in the cells of the hepatic tiesne are seen, the favor is found, in different persons dring of consumption, in all degrees of degeneration, depending mon the activity of the influences that have occasioned it, and the length of time these infraerers have been in operation. It is a disorder much more frequently found in females than in males; and offener in those who live and die in a warm climate, or are confined in a searm atmosphere, with but little excesse during their sickness, that in those who have been accustomed to a cold elimite and much out-boar excreise.

This condition of the liver, which is more frequently found in connection with disease of the large than otherwise, is regarded by most physician-by writers on the burgs, and others-as a very remarks-He, even an unexplainable, pleasurement. But it seems to me that those who thus regard it, have overlooked some very simple and obrious physiological laws, a reference to which will reader both the sature and the causes of this peculiar disease quite clear. Let me state them .- The principal elementary countities of fat, it is well known, is carbon. It is also a familiar fact in physiology, that the shief office of the earbon taken into the system in the food, whether in form of fut or otherwise, is to supply heat to the body; and this it does by combining with the avergen which is derived from the air through the lungs in respiration-u process strictly analogous to onlinery combustion, the carbon serving as the fiel. Hence & will be seen that there are two conditions necessary for the absolute consumption of earlier in the system : (1st) is desired for find-that is, that there should be a giving off, or no expenditure of united heat-creating a necessity for the process of combustion, or the union betteroen the carbon and oxygen, to supply the heat expended; and (2d) an adequate supply of oxygen, thus to combine with the earbor. Whenever, therefore, there is taken into the system an amount of earlien either that is greater than is required to supply the

hent expended, or that is beyond what can be combined with the expert which the lungs supply, the excess is not actually consumed, but is either thrown out by the enumetories, or is deposited in the system in the form of fat.

Now, when there is an excess of carbon from the absence in any degree of the first-named condition,-that is, where the evolution and expenditure of united heat is comparatively slow, -but where at the some time the whole system is in a state of health-there being a full stoply of extress by the longs for all the requirements of health,and where, especially, the carbon has been received in connection with other appropriate notritious almost-then this excess, though not consumed, becomes exadified we as to be expuble of being carried to all parts of the system, and deposited in the ferm of fat in and upon all, or nearly all, the tissues of the body. The person is then mid to "gain fiesh"-to "grow fat." But when the lungs fail to perform their office, and the needed oxygen-the vital air-is not supplied, then, if there is an excess of carbon, it remains not only unrepeated, but annodified; it finds no exergen with which to unite, and the various tissues of the body reject it; it must, therefore, either be thrown out through some of the emmetories, or seek some organ or part which will receive it in its crude condition. Such a refuge it finds in the liver. In the cells of this highly vascular organ, one of whose offices is to deparate the blood, it is received and retained, other until its accomulation breaks down the cell-walls and destroys the organization of the liver itself.

This brief explanation of what has been looked upon as a very "numericable fact in the pathological history of phthisis," neight, perhaps with profit, be very much amplified. But enough has been said, I think, to render it clear that there is no mystery in this particular discuss; indeed, that it is just such a discuss as we ought to expect us the result of impaired polanomery functions.

The view I have taken of the subject is confirmed by the conditions under which firtly degeneration of the liver most frequently takes place, as well as by the cines of persons most liable to it. I have already remarked, that it is found in females oftener than is nodes. And so it should be; for females are, as a class, more confined to an in-describle, are less exposed to the cold, breather a warmer atmosphere, and take much less active exercise thus males. Just in proportion as their conditions in these respects thus differ from those of males, will their comparative capacity to consume narbon be less, and their lisbility to fatty deposits in the fiver, in case of discased lungs, he greater. So we find those male commutative invalids who, during their sickness, are shot up in warm means, who are allowed seldon to go out-doors into the firsh six—who breaths an impure air and who take but little exercise, are more subject to this peculiar discase than those whose habits in these respects are the opposite. So also it is found more frequently is warm climates than in cold, particularly if an equally carbonaccous slict is used in the former as in the latter,

Now, if we turn our attention to what I may call compensation pathology, we shall find the view here taken well-righ deconstructed. In certain minule, a fatty degeneration of the liver may be actually produced by simply submitting them to the conditions I have stated, siz,: by confining them in a warm, close stransphere, preventing as far as possible all muscular motion, and feeding them on rich food highly charged with curbon-the constituent element of fat. For example, the liver of the goese may in this way be greatly enlarged and fortested, while but little or no increase of fit takes place in any other part of the budy. A well-known dish, called "patte she fole great - considered, particularly in France, a great taxary-is made from the livers of grose that have been, for a length of time, closely confined in a warm, dark room, and "crammed," By this process the liver is made to grow to an enormous size, and is converted into a state of the most complete futry degeneration. The same result may undoubtedly be produced in almost any animal by the same process. Some of my readers may think it a questionable taste, which finds a dictetic deliency in the diseased liver of a goose!

It should be remarked, that this unsatural accumulation of fat is not always confined to the liver, nor is in wholly psculiar to discuss! lungs. It is found in other forms of discuse, and un other organs; sometimes un and about the heart—at others in the spices, the purcreas, and other glands, to a greater or less extent; the place of deposit being no doubt determined by the degree of modification which the carbon, takes in the food, has undergone in the process of digestion; and this in turn being determined by the amount of oxygen formished by the lungs, the exercise taken by the patient, and the degree of perfection with which the functions of life have been carried on by the general system.

The facts here stated have a practical importance. From them

may be gardered come of the reasons why I enjoin upon consemptive invalids the recessity of making every effort to keep the clost larger and the lungs expanded, and to accustom themselves to full, deep breathing, that the greatest possible amount of air may be received and consumed; why I insist upon avoiding confinement in warm and illuventilated recens, and spending as much time as possible in the open air and in brakhful exercise. Also why I novice against the use of much far food, and recommend a furnaceous dist, with only the lens part of ment—and positry, and particularly wild game, in preference; and why, both in preventing and carrier consumption, I make so great a point of maintaining all the organs of correction—the skin, bounds, kidneys, fiver, &c.—in a condition of healthy activity and vigor.

COD-LIVER OIL PROMOTES FATTE DESCRIPTION OF THE LIVER.

It can hardly be necessary for me to say, that whatever in medical treatment, or in the diet of sensimptives, tends to promote the disgeneration of the lever I have been describing, must be in the highest degree pernicious. There is a great variety of agents which have, at one time and methor, encountrely then into profesional favor, and then filler into disare, as preventives or counties of communition; but not one that his ever been taken up by the perfession, has so direct a tendency to produce the fatty disease of the liver referred to, as the one which is now the rage: I allede to coldinar oil. The attent to which clarified whale or lamp oil, which is complimented with the perfix cultiver, is mad, would nearly harder on the ridioalous, if the consequences were not too grave and serious for such a ries. Not only is it passed down the throats of poor victims of communities by the quart and gallon, but in the hands of thousands of physicians It is a "progress" in fifty discuses besides. It is, indeed, even become a formidable rival of caloned to the proud position of a "about archor" in the profession. It is given for scroling source, and all scorbatic conditions, broughtts, cutarril, pleurley, none, tetter, "scalled head," "ring-roun," essents and various other skin diseases-for debility, "decline," dyspepsia, &c., &c. I do not, however, complain very much of its use in these disorders; for while it can do little good, it will do little hans. And as there are plotsciam who must have securiting to fall back upon for a prescription,

when they don't knew what to give, cod-liver oil is about as harmless a thing as they can adopt; certainly much more so than calcond.

But I connect speak of it as harraless when profusely and premisenonsly employed in pulmonary consumption. In this discuss, as I have shows, are weally presented the conditions which counterindicate its use. The only medicated virtue it can process, must reside in the small amount of sodies, bromine, or other seasonts it is supposed to outhing and if these do exert any specific agency in arresting or earing disease of the lungs, they had much better be administered compounded with something besides for ar lamped. But we are not left to theory or inference us to its effects in phthisis. If it is doubted that it has a direct tendency to produce farty degeneration of the liver, it is only necessary that an experiention be useds of the lines in any porton who has died of communition after larving been submitted, for any considerable length of time, to the cod-liver till treatment. In the hospitals of this city, little or nothing is done for consumptives except to food them on cod-liver oil; and it is a fact easily ascertained, that in those dying of consumption in these institutions, whose bodies are carried into the dissecting-rooms of our medical schools the liver is family to be, in a yest many cases, to a greater or less extent, in a state of fatty degeneration. In mmy of them, this organ is seen to be converted into what appears to be a mass of solid fat, of a yellowish-white appearance. Of source, this result is not confined to our hospitals. It takes there wherever colliver oil is largely used to consumption. Indeed, it could not well be otherwise.

The conditions usually presented in consumption, are precisely those in which this result would be likely to take place. Consumptions are generally, as is well known, continued against "exposure to the cold," recommended to live in a warm atmosphere, to seek a warm climate, and to wear an extra amount of warm clothing. In every way, therefore, they are but to reduce as slow as possible the natural demand for earbon. Then, as we have seen, the very discussified, by impairing the power and esquelty of the large to famish oxygen essential to the consumption of carbon, tends directly to disqualify the system for the reception of any highly carbonacceus absent. Thus, I say, in most cases of pulmonary consumption, it is that all the conditions need which are most favorable to causing a

fatal discuss of the fiver, by the profess and injudicious use of codliver oil.

Another fact corroborates my position. It is that this facty degeneration of the liver is much more common of late years than formerly. Twelve or fifteen years ago, it was much more rarely found than now, and still more rarely was the degeneration found to have proceeded to any thing like the extent which is quite common now. With the advent of cod-liver oil as a popular remody in phthies, the increase in frequency and sensity of this disease of the fiver commenced; and it has steadily kept pass with the increased use of this oil.

The same result would follow the use of any other article of food equally charged with carbon, if the other elements mingled with the carbon were as inoffensive as in coddition oil. But what is peculiar in this oil is, as I have mentioned, that when it is taken beyond the natural domand of the system for final it needs to have a special affinity for the liver, and is largely deposited in this organ; and in process of time destroys its instinctive organization, converting it into fit. In consumption, it frequently occurs, as we have seen, that the confinery diet of the patient, unless specially guarded, is charged with carbon to such a degree as to cause a disease of the liver. What fully, then, to pour into the stomach daily large quantities of an offensive oil, which is little the bar carbon—leading the system with the very substance which, less than all others, it can consume, and which is some of itself, somer or later, to breed disease!

Still, coldiver oil has it uses. It is, under proper conditions, a good contidenent; and in some forms of communition, in connection with other consedies, and when the habits of the patient and the hygienic treatment are regulated with reference to it, it may be guardedly used with advantage. But let every consumptive invalid remember, that when he drinks buttle after bottle of coldiver oil, as it is the fishion now to prescribe it, ten shances to one he is laying the foundations of a discuss of the fiver which will be fatal to life, even though he were to succeed in saving his lungs, which he will not however do.

More specific directions and rules for the use of this article, will be given in the second part of this work.

CHAPTER XIII.

PULLIONARY CONSUMPTION - ITS VARIETIES - (Consum)

BOWEL CONSTRUCTION.

PULMONARY consumption is often induced by disease of the bowels, which is a common complaint, occurring in a great many people, Persons are often subject to it who go from a cold to a warm climate, and rouds there for a length of time, and particularly those who have the fevers incident to hot elimates, and have taken much calsned; also very many residents of the western and southwestern and southern States, especially evolunts of the valley of the Mississippi, who drink-which is customers there-the Ministipa water. All the waters of the Mississippi valley, and nearly all the western lakes, as well as their great outlet, the St. Lawrence River, my more or less charged with magnesis and other foreign matters; and their me, when these waters are low, is apt to produce distribut and dysentery, especially in August and September. It is well known, that mer-comers at New Oriones, for example, are apt to have diarthere; and in some cases this is followed for alcorated bowels. This disease is very common in California, and dreadfully so on the Inthons of Parama and the West India Islands. In all her climater it prevails, and is there usually attended by denungement of the liver, producing bilions districts. Attacks of the Asiatic cholera if not fatal, often leave the bowels in a weak and diseased state. Dysentery, inflammation of the howels, colds settling on the bowds, often induce chronic diarrhosa, and ultimately, in those at all predisposed to it, consumption. In this climite, especially, such discrice of the howels is upt to determine, somer or later, upon the lungs. Detangement of the stomach and dispersia are very apt, in those predisposed to it, to produce, or greatly aggravate, pulmonary disease, Skin diseases frequently strike in, as it is often expressed, or leave

the surface and full upon the firing membrans of the bowels. Bowel complaint is most apt to commence and prevail in summer, particularly in children, in whom it is often terribly fund, sometimes even epidemic. On the subsidence of summer finishes of the evers and streams, dysentery and hovel complaints often break out with great severity. Unripe, crosts, or builty-cooked fruits and vegetables, often induce this disease. In nearly all cases of consumption, towards the close of life, the bowels are upt to become affected, and thereby the sufferings of the patient are greatly aggravated. In some persons, long-continued continuess, and in others inflammation of the bowels, will be followed by chronic diarrhose, which may continue many years, although it may become soon fatal.

In many cases, this weakness of the bowels comes on very insidiously. In others, the patient will be at ourse attacked with severe distribute. Any cold, any aver-exertion, sudden alarmo, mental maxiety or exciting news, grief, any irregularity is diet, and many neticles of food, usually lauraless, will bring on, or greatly aggrarate the disease in some persons.

In many forms of discuss of the bowels, the potient som becomes very feelds, loses flesh and courage, experiences a discressing sinking in the bowels, griping poins, and great message and tenderance to the roach. The appetite become very poor, or very craving and depeaved. He is upt to be exceedingly necrous, easily disheartened, and full of forms and appealeneises. The evacuations are concilines of a stay color, and at other times dark and bileos. In some cases there are passed long, stringy threads or siddens, like the sampings of intestines. Food will often pass undigested; great humiling is often felt in the bowels; bloody evacuations, and even pure blood, will be passed. In females, the extannella crass, or become irregular and deficient. The kidneys ment, is usual course, all barned up; urine very sensity, high-colored, thick, and more or less scalding.

After the continuance, for a longer or shorter period of time, of discuss of the bours's, sore threat will occur set in, with symptoms of brunchitis, attended by a cough, and the patient will soon find that he has discussed lumps. In many cases, however, the lungs become affected, and poleroise are deposited, while the threat remains small facted; when a cough, dry and backing at first, but affect a time accompanied by slight expectenation, will be the first indication that the lange are suffering. In these cases, the expectoration is usually very little from the beginning to the end of the disease, so that the unhappy sufferer is upt to be decired, and hardly to suspect that his lange are affected, until they are perhaps well-nigh destroyed.

CURE OF CHRONIC BRANCHOKA AND INVEST CONSTRUCTION.

I have treated a great number of cases of board complaints, in all ages and both sexes, and with very general suscess. It is almost universally believed, that alcorated bowels cannot be cared. But this is a great mistake, as I have witnessed many perfect and permanent cures. There is, it is true, warredy any disease, in the treatment of which the skill of the physician and the resources of medicine are more greatly toxed than in chronic distribute and other bowel conplaints. Still, a vast many cases pronounced perfectly hopeless, are entirely curable. Three years ago next August, I treated a gentleman of this city for chronic distribute and afterpred bowels, of an eral years standing. He said to me on my first visit, "You are the one hundred and twenty-third physician I have consuled within the last three years and a half, at no expense of over neven thousand dollars. Among them are those most existented both in Europe and this country; but without any apparent benefit." His sufferings were terrible, and his case seemed indeed almost hapeless. I had, however, the pleasure of seeing him, under the treatment I addited, soon improve, and finally restored to sound health,

TERATEURY OF BUWEL CONSUMPTION.

Each one will be found to have its own possilirities, which will determine and modify the trentment. Some require catharties, sense astringents, some opinion, and some all these combanes. It is often the case, that whilst one portion of the bowels is raging with excitoment and fever, another part will be almost torpid. The from is assertiones torpid and sametimes too active. The stomach may be billions or ucid, or slow and feeble; usually it is weak, and performs its office imperfectly.

After all tendemess is somewed from the bowels, I generally find the abdominal supporter of great benefit, and almost indispensable in the successful treatment of this disease. Bleeding, cupping, leeching, blistering, &c., I all but never use at all in any case; but do all I can to raise up the patient and increase his strength; and I give and do nothing by way of medicine, diet, or any thing clas, to reduce him.

I think minetom out of every twenty of those cases get well by proper treatment, seasonably, efficiently, and persoveringly employed.

CHAPTER XIV.

PULMONARY CONSUMPTION-ITS VARIETIES-(Consult)

WORK CONSUMPTION.

MANY persons will, perhaps, start as the mention of such a discuse as srown communities; but such a disease exists; I have frequently noticed it. It comes in persons of all ages, but most frequently in children. Its symptoms are very plain when known; but if the physician has not experience and tact in analyzing symptoms, he will be led into most mortifying, and often fittal mistakes. Old people, and persons inbitually of a low grade of health, and whose stemachs and bourds abound in mucus and phlogus-ulso large flosin persons, with great development of abdomen, often have worms. The abunted mother detects the disease in her children by the hacking cough, cheking and tickling feeling in the throat, startings and twitchings in sleep, strellings and purple appearance under the eyes-by an anxious, eare-warm, old look of the face, but houth, and experience appetite-of one time very craving, at another non-at all. Often soon after enting, the child is again fungry and eats vomeionsly. In other cases, the appetite is poor and the patient feels all filled up after eating. The howels are morely exegular; and dead women, or parts of woman, sometimes appear in the evacuations. The person is listless and work, declines appropriate and all overcity, is low-spirited, &c. The abdomes often blosts, and is hard and tympasitie; and the limbs, especially the lower limbs, become emacisted. There is frequent lithing and consequent picking of the now. A livid color-in blaish paleness-romes and goes upon the speet lip, and hectic spots appear on one or both checks. At times there is swelling of the upper lip. The even have a dull look, and one almost expressionless. The cough is usually dry, and is not upt to occur at any one time more than another. In some cases it is frightful, and terrifies these who notice it.

In those predisposed to primitary consumption, the wasting strength, the loss of field, the capricious appetite, and the great debility which are occasioned by worms, soon pare the may to tableculated and abstrated lungs. Persons who are not predisposed to communition of the lungs, mabbe to work or exercise much, though the cough may be severe, will sometimes linger for years—a wonder to their acquaintances, and a perfect punde, it may be, to their physiram—antil, in the providence of God, a more experienced, observing, or intelligent mind, detects the cause of the disease; and then, if the right remailies are administered, in a very short time the sufferer is often restored to health. But in these cases, the constitution is usually left more or less broken, rendering time and a friddful use of proper remedies necessary to restore the patient to his natural health and strength.

In no variety of consumption do we more need the anistance of the mas who can fully and certainly determine the actual condition of the lungs, then in this. Although the patient be subject to a backing cough, or frequent ticking in the thouse, or a violent, terrible chart cough, most housing and frightful, still the quick our of the experienced physician will detect whether the lungs are infected; and if not, he will promptly be led to the true sent of the disease.

Many children, delicate persons, and old people, die of worm consumption, whom a little kindly and at the proper time would have saved. The different varieties of worms came different effects, so that the kind present may be determined before expelled; but I will not here detail the complicated symptoms of the various kinds,—the tape-worms (tantis), the large round worms (uncovir fundacionides), the pin worms (natural commissionis), dec., dec. Suffice it to say, all can be atterly expelled. I have seen, by the toe of proper remedies, three quarts of worms expelled at one time from the borrels of a middle-agod person. In all coughs, or apparently consumptive conditions, the physician should never omit an examination whether worms may or may not be present to complicate, or aggrarate, or couse the disease.

I knew a striking case of discuss, produced by worms, that occurred at Troy, N. Y. A man had been sick, with a very bad rough, great emaciation, and prostration of strength—atter inability to do my work, low spirits, and a total loss of all hope, which was

theroughly confirmed from having obtained no relief from any quarter, or from any remedy proposed. He had employed quite a name her of physicians, but every remedy simply served, by its prontrating effects, to fortily a settled belief that his recovery was beyond medical nid. He had been sick two years, when one morning an empirical doctor, a resident of the neighborhood, called at his house and requested the gift of some medicinal route that had antured in the patient's garden. His request was very readily complied with; and upon his returning from the garden, the poor sick man in his neurochair said to the doctor, "I have been sick for a great while," "Yes," interrupted the doctor, "you have been sick a great while longer than necessary," "Why," said the sick man, "do you think you can cure me?" "Certainly, I know I can," he replied: "and when you have no doctor and wish for my services, I shall be very happy to care you."

He immediately sent for his family physician, reminding him that he had been sick a long time, and that several very responsible physicians had been in consultation over his case, but that he still was without any relief, asked his opinion considily what the probabilities of his recovery were. The physician, is toply, said he had those all he could do, and he thought his recovery exceedingly doubtful, "Well," said the patient, "you need not call again, unless I send for you, which I shall be lappy to do if I require your services." He then sent for this "Indian doctor," and of the shrewlest and most observant empiries that I ever knew. He has a very thorough knowledge of a variety of true curative agents, and exhibited them on many occasions with really grout skill.

In less than twenty-four hours after this "conjenc" sold his first visit and administered a remedy prepared by himself for weems, the potient sent for his family physician to congratulate him on his deliverance from the cause of his long, obstinate, and apparently hopeless sickness. He had possed several quarts of worms; and from that time his recovery was rapid and permanent.

I know another case, which occurred in Worcoster, Mass. The patient, a young min about twenty yours of age, had been long ill, and had received no particular aid from the prescriptions of a number of the best physicians. He, however, applied to most physician there, a min of the highest standing among the require faculty, and a true votary of the set of healing. He detected the cause of

his disease; and, by peoper remodies, expelled a yest quantity of wortes. The relief was immediate, and the cure permenent. I knew the gentleman thirty years afterward, and he was then still in the enjoyment of good health.

WORSE WILL CADLE CONSCIENTION.

There are, it is true, thousands affected with womes, in whom disease of the lings is not in any form developed. It is neverthelesas true, that actual tabercular consumption not unfrequently results from the presence of these intestinal pamoites. While they are themselves the efforing of a victors condition of the system, they in turn tend to perpetuate and aggravate this condition; and in many cases, unless expelled, will cause greatly-restracted sicknessainking, debility, emscirtion, indigestion, alternate constitution and diarrhess, and a long train of mischievous consequences. In this unhappy state, if there is any predisposition to long complaints, consamption is almost sure to be developed; inderealets deposits take place in the lurgs, a dry hashing cough sets in, shortness of breath is experienced, hertic fever and night-eroons occur, the fresh and strength full, and the patient sinks down and dies in true pathisis, All this may take place, while the presence of warms is not susported. In view of those facts, I need not say that it is exceedingly important that whenever any of the symptoms I have described make their appearance, a cureful examination should be at once inmituted by a skilful physician, to determine whether or not they are caused by or complicated with wome; not that when the presence of urenes is detected, immediate measures should be taken to remove them, and at the same time sestore the system from that degenerated condition in which they originate,

WORSE CONSTRUCTION CURAGES.

It is quite generally considered an easy matter to expel norms from the intestines; and it is true that their mere expelsion is not difficult. There is a variety of medicinal agents the administration of which is usually effectual. But to core the patient—to expel the wome without increasing the irritation of the bowels, and at the same time to correct the constitutional derangement which has originated them—as quite another thing. If this is not done, only temporary relief is given; the worms will again accumulate, and all the dientrous symptoms return, perhaps in an aggravated form. It is however possible, by a proper course of treatment, to give permanent relief and effect a care. By the use of proper vermitiges, in combination with properly-adapted culturation, the worms may be expelled with little or no injurious effect upon the borrels, while a course of constitutional treatment may be adopted which shall redom the general system from its vicious, depended state, and motion to all the functions a healthy vigor and activity.

It is, or course, more difficult to sure the patient when the lungs have taken on disease. Tuberculosis, or even broughtin, complicated, with and remaining from, worms, presents a complication which requires peculiar treatment and most skillfully-adapted remailes. But even in this condition, the patient should not despair. I speak from facts that have occurred in my own practice, when I may that this disease, before the lungs have become too for demaged and the constitution two groundy broken down, is carable. But not an hour should the patient dulay in scoking efficient aid after he is made aware of, or even suspects, his true condition.

CHAPTER XV.

PELMONARY CONSUMPTION-ITS VARIETIES-(Colomb.

RENAL OR KINNET CONSUMPTION.

The kidneys and hindder are subject to several varieties of discase, which occasion as much inconvenience and suffering and are as excessively amonging as those of any other organs of the body, and they very other have a fatal termination if not promptly relieved, In their progress, and particularly towards their close, they very often affect the lungs.

The following are some of the diseases to which the arinary organs are liable, viz.:

Drawners, which is characterized by inordinate discharges of urine; and of this disease there are two varieties:—disclete insignofice in which the urine is without color or taste, natartimes called also discrete; and disclete well-two, the true diabetes, in which the urine has a peculiarly except taste.

GRATEL in the kidneys, wreters, and bladder,

STONE in the blookler,

CATABRIL of the bladder,

INCOMENCE OF WINE

Strorage, or engermoise of unite, wholly or partially.

HERMATIERS, or Aemorrhoge from the Modder.

It is not my design here to write a full description of these various discuses of the urinary organs. My puspose being to call attention to those conditions simply which are upt to accompany or lead to discuse of the Imags. I will only remark, that nearly all instances of these disorders are eminently curable, especially if treated only and proper remodes are employed. I have had many cases of gravel, and almost all forms of kidney disease to treat, and I have rarely been so infortunate as to fail to effect a care. These affections should, however, never be long neglected, but at the cartiest period measures should be taken to correct and cure them. Particularly in persons predisposed to consumption, there should be the least possible delay.

CAUSES AND SYMPTOMS OF RENAL OR REDNEY CONSUMPTION,

The office of the kidneys is a very important one in the economy of life. It is their duty to repeate the redundant water from the blood, and at the same time to convey various salts and acids from the system which if retained in the blood would reader it poissuous to the tissues of the body, and in this way produce discuse and general derangement of the system. In crysipelas, scarlet fiver, and many skin discuses, there is no doubt a great preponderance of the arinary acids in the system, by which a febrile state is produced.

In all cases of grarel, we notice that there are frequent calls to pass the urise, which is sensity, high-colored, with a strong oder, and, upon standing, deposits a sediment, more or less couloss, asaally of a brick-dust color, staining the sides of the vessel in which it is held. In some cases the depositions are white; in all, gritty like fine broken and. Pain, weakness, and often great heat in the back very generally accompany this condition, which are greatly increased by walking about, or any exertion or work, particularly that which requires much sleeping. The system rapidly becomes prestrated and weakened when these symptoms are aggravated; and if there is present any disorder of the pulmonary organs, the effects are very marked, aggreeating broughitis and increasing discharges from the langs. Persons laboring under continued effects of gravel, or any urinary obstruction, if at all inclined to consumption, are Kable to be attacked with symptoms of primonary derangements-shortness of breath and broughial irritation, cough, dryness of the throat, &c., the expectoration from the lungs often becoming in these stages very copious. In all cases of broughitis or tubercular consumption, when the chinnels of the kidneys are in say degree obstructed, there is almost always a much greater flow of muons from the lungs then would take place if the kidneys were free.

Gravel and the effects of gravel long continued, very much incline the predisposed to consumption. In the treatment, therefore, of all pulmonary diseases, or in attempting their prevention, it is most important that the kidneys should be free and healthy in their action.

DIABETES.

This is a form of kidney disease, highly dangerous to the putient, and in those perofisposed to lung discuss, is often a direct came of consumption. There are, as I have said, two varieties of this discuss diabetes insipidus and diabetes wellions. In the former, the uninary, discharges are genuly increased, amounting in some cases to gallous in a short period. The diabetes mellins is instantly detected by the served taste of the urine-great quantities of sugar being carried off from the system in the urine. The infortunate patient rapidly wastes, debility and weakness take piace, his nervous system is greatly affected, and indigestion follows or novempanies the disease; the lowels are usually toroid, and the appetite poor or depraced. After a langer or aborter continuouse of this disease in persons at all prodisposed to consumption, a dry basky cough is not to supervene, unattended at first with much expectoration, and rarely with pain; sethat the attendants, and even the attending physician, may not suepect the existence of pulmonary disease until it has made perhaps fatal rarages. But in a little time the short breathing, hinky cough, and rapid sinking of the chest, beetle fever and occasional chills, unmistakably inform as that triberenlosis and softenings have commenced in the lungs.

CATARES IN THE PLANDER.

This discuse is occasionally seen; and it is marked at first by the presence of thick, whey like rancors deposits in the prise, which, upon standing a short time, separate from the urine, and show a dark cloud at the bettern of the resset, emitting an offensive small.

This symptom will often continue and increase when the discharges from the bladder are very profuse, and in some cases almost incredible amounts of mucus will be discharged from the bladder; at the same time great best will be felt in the small of the back, weakness through and in front upon the lower part of the bowds; oftentimes swelling, screeness, and great debility, which is wonderfully aggravated by exercise. The suffering in many cases is very intense, and a burning heat is experienced in the blabbler and along the methra.

In some instances, the bladder will become ulcerated, and discharges of pus, mixed with mucus, will take place. These cases are more frequently met with in oblarly persons than in those of middle life, yet they sometimes occur even in youth.

BLENDENG PROM THE BLADDER AND RHINKES, OR BANASTERIA,

Is occasionally met with, It semetimes indicates the presence of stone in the bladder, &c.

I will not, however, enter further into the dotails of kidney diseases, nor speak of "Bright's disease of the kidneys," but will only remark that all diseases of the kidneys and bladder have a wasting and debilitating effect upon the general system; in some instances removing for less water and urinary salts than nature demands inelining to the development of humor in the blood, tuberculosis of the large, to the deposition of tubercles and to dropsy. And particularly where too much water is drawn off, consumption is induced; and there is a rapid shrinking of the body, wasting of natrition, and socelerated decline of the powers of life. All diseases of the kidneys and bladder, if long-continued in those predisposed to long disease, are apt to develop consumption. This form of discuse should always receive proper and immediate attention, if we would avoid the pulmonary diseases consequent upon it. Nearly every case of disease of the kidneys or bladder, is perfectly curable if treated in season; but none should be long neglected,

CHAPTER XVI.

PULMONARY CONSUMPTION-ITS VARIETIES (Common

DESCRIPTION,

May individuals, usually those of phlegmatic constitutions, with a tendency to hepatic derangement or liver disease—those who have suffered considerable loss of blood, as from flooding in Sensies, and especially persons of full habit, who have been influenced for a length of time by any deprending complaints or any obstructions of the system, rapidly incline to dropsy and dropsical consumption.

There is, however, a remarkable difference in different persons in this particular. One young female may suffer suppression of the mences, which shall be followed by a rapid attenuation of the whole hody, debility, prostration, and a universal shrinking of the system. and these symptoms will be followed by cough, tuberculosis, and final consumption; while mother, attacked by the same meastrual suppression, will be immediately disposed to bleating, swelling of the feet, inkles, and legs, and perhaps general dropsy. Very early in these cases we perceive swelling of the under creEds-the conselection becomes a pocular olive-color, and the skin has a shiring appearares. When the cough sepervenes, it is soon accompanied, in most instances, by copicus watery expecteration, with rattling and where ing in the chest, bleating of its surface, and irregular bleating at the pit of the stomach; the face is sallest, the eres are sunken, the system debilitated, the breathing is short, and there is very often an inability to lie down on first going to bed, on account of a choking. suffocating, and rattling sensation in the chest; but us the right advances, the patient may be able to do so with comparative case. In the morning, the feet and hands will be far less swelled, but the face more so, than at night. The physpaess of the patient's limbs and face, when the blooting is moderate, is apt to mislend his friends as to his true condition. An examination of the chest, however, soon

informs them of the rapid deterioration of the primetary times, warning them that, if relief is not obtained, destruction of life will follow. We must not conformal dropsical symptoms which occur at the close of nearly all cases of consumption, with those which are presented where dropsy and dropsical consumption commence the discount.

Dropsical consumption is very alarming, and is mother of those serious complications which the physician has to encounter in the treatment of palmonary disease. But with proper remedies it may, in most cases, where the constitution is not broken down, be seen conquered, and the patient restored to be with. Indeed, there are few instances of this disorder which thil to yield to these remedies when seasonably resorted to, unless there is not sufficient vitality or rigos left to respond to them.

Decorical consumption in young pursons, and those of naturally vigorous constitutions, may soon be arrested in its earlier stages; but in order to do this, the obstructions that have produced it must first be removed, the renal secretions must be restored, the hepatic disorders relieved-and in females the menstrud irregularities, if any saist, must be corrected. When dropned consumption occurs in persons whose constitutions have been broken down by long-continued hepatic derangements, from residence in hot climates, from tropical fover and the depraying effects of mercurials,—or when it occurs in instrintes, persons broken down by defaurchery and drunksumss-in alderly persons more or less fleshy, whose constitutions are weakened by age and depraced by disease, or by obstructions of the bloodressels, or the great begutie vessels, and obylopoetic or biliary drextrainment is a most formidable disease, and presents obstacles rarely overcome, in consequency of the want of constitution to sustain the energetic action of medicine, or to respond to health-giving impoles. In many of these cases we may succeed in removing the water, in alleringing the polinomary symptoms, is olleneing the cough, is subling the irritation, and in removing apparently all obstruction. Still the patient does not get well-health is not restored, and all our best efforts are abortive. Yet in persons of pure constitutions, of widdle age, and where the disease has not made too great progress, dropoical consumption is ourable; and in all cases it may be greatly allowated and life prolonged.

RREUMATIC CONSUMPTION.

Having its origin from the poison that produces rheumatism, and the disorganizing effects of theoretism itself, is of very common occurrence. In numberless cases this kind of consumption is percoded by attacks of rheumatism; so that in persons predisposed to consumption, these attacks may be considered as almost certain indications that communition will ere long supervene, if proper remedies are not ficilitily employed to avert such a entastrophy. Proquent uttacks of acute rheumatism have a most debilitating effect upon the system, and waste the powers of life. Oftentimes at the close of one of these attacks, the lungs become suddenly affected by great fiffiealty in breathing; and finally a cough, attended by expectoration, commences. In many cases of lung affections, the patient experiences no pain whatever; but is rheumatic consumption it is very differest,-a great deal of pain is experienced-reading and during pain through the lungs, effectimes exerciating, and this is continued through the whole course of the disease. It is in this form of conemption that we frequently most with deposits of chalky matter in the lungs-pieces of which are frequently coughed up, and are very injurious and painful, mechanically tearing the lungs. The use of the inhaling-tube in the artificial expansion of the chest, is very age to he followed and accompanied by severe pains in the chest. Remedies useful in rhemotism, when externally developed, will usually be found useful in all cases of rheunatic consumption.

SPENAL CONSUMPTION.

Consumption of the lungs is often produced by spiral disease. Senetheres this disease is located in the lone and small of the back; and by its depressing effects upon the whole system, and its breaking down the powers of life, somes or later leads to pulmously consumption. But in other cases the spine becomes affected between the shoulders, in the parts opposite the lungs, involving the roots of the nerves that lead to the lungs or walls of the chest, so that the lungs themselves are directly affected by the spinal disease.

It is often preceded by pain between the shoulders, of larger or

shorter continuance, and with greater or less intensity. In some cases the pain is terrible; in other cases the patient experiences only a cold feeling between the shoulders, and a cold spet there which seems almost always present. In some instances it is reversed, and he experiences a burning feeling along the spine and between the shoulders, which often spreads to the points of the shoulder-blades; frequently the pain extends from between the shoulders along both arms, even to the ends of the fingers, rising as far as the most of the neck. The least effort with the arms greatly agreements all the suffering, and canes the pain to spread around the close on both sides. Sweering, litting, and overvieffort of the arms and hands, will always greatly aggravate this suffering. Prickling scenations will be felt about the hands, particularly the fingers, as if they were asterp; and is some cases palsy will attack the hands and wrists and fagers-sometimes one hand, and sometimes both. In some instances the patient cannot feed himself, or use his hands in any marner whitever. He experiences great shortness of breath, and scorer or later the lungs become inherenlated. Sometimes the throat becomes affected and the voice entirely lost; chills, beetle fover, night-sweats, softening of the tubercles, purdent expectorstions, rapid wanting of the body, and consumption-terminating fatally more or less rapidly-supervenes, unless the disease is removed by prompt and proper remedies.

Some cases of spinal consumption are attended with much pain and suffering; in others but little direct pain is experienced. I have generally found this form of consumption quite manageable and corable, if assistance is applied for before the general health is entirely broken, and before the house of the back are involved to the disease.

In some cases where the affection of the spine is long-continued, the vertebra or benes of the spine become carious, and pieces of the rotten bone will puss through the therested loins, and large obsesses will be formed, discharging great quantities of purulest matter. I have witnessed several of these cases; the suffering of the patient is terrible beyond description. Often all parts below the discussed spot become paralyzed.

I have known one instance where the whole spine for several inches at the loins, had been apparently entirely removed and absorbed, so that the person there was as featible as a piece of indiarubber. This person—a female—is now living, and in fair general health, but has been many years bed-ridden.

Of course, when the disease has progressed so far as to affect the bones of the spine, it becomes, in the present state of medical knowledge, wholly incurable.

CANCER CONSUMPTION.

Cancer occurring anywhere upon the human system, is a disease invariably occasioned by poison in the blood. Some forms of carcor, more or less early in their advancement, and very often towards their close, bring on pulmonary consumption; in many instances, apparently by the system becoming so pervaded with the cancer poison as to develop enneer in the lungs themselves; and, in others, so deteriorating the system and weakening the powers of life, as to cause the deposition of tubercles. If tubercles aspear under these circumstances, when they pass into the softening stage and abscesses form, they are found to possess a concerous character-to centain a pure cancer virus, and this discuse meally terminates fatally. If a cure of cancer is proposed (which may very often be accomplished in the early state of the disease, and its determination to the large easily prevented before they have become actually affected), the large should be fortified and strengthened and expanded; efficient alteratives and parifying medicines should be used, so as to entirely remove, as far as possible, the conversus preson from the blood; then smitable applications should be made to destroy the concer itself. When these applications are properly unde, both in kind and strength, a cancer may usually be wholly removed, and the patient restored to perfect health; which will always remain permanent by the indicious and continued use of suitable hygienic and preventive remedies.

I have seen a vast many cases of emerces entirely cured in the manner I have indicated. It will not do to attempt their extingation by the knife; for in the case of true cancer, whether large or small, whether upon the fleshy parts, as the female breast, or elsewhere, if the extirpation is performed with the knife, the flience will almost certainly return; in fact, it is now generally conceded by the French surgeous that no true cancer is ever cured by the knife so that it will not reappear. But in the manner I have indicated, it may be cured and perfectly andicated from the blood—removed from its locality with all its body and mets, and never again trouble the patient in may from of manifestation. I have known cateers removed in this way that weighed six peemls; but large or small, occurring anywhere upon the exterior of the body, cancer is usually curable; and the consemption that it would in many cases bring on may be entirely prevented. Even cases of consumption already communed, have been entirely cured.

GRANULAR CONSUMPTION.

This is a peculiar form of lung disease, which monetimes buffes the skill of physiologists themselves in explaining it. Upon examination of the lengs after death, in those who have died of this disone, they are found to be studded with little grains, like kernels of rice; and they are scentionally seen in the throat, sprouting out from the torsits. On looking at them, you suppose that the gramlation is something sticking there—that it is a grain of rice or a bit of vertaicells, it books like rice, is referred like rice, and is hard like a grain of rice. Upon pulling it off, however, you find it can be broken under the finger, and omits a fetid smell. I know of no symptom peculiar to this illuence, by which it can be distinguished from some other form of tuberculous deposit. Upon examining the lungs and clean, they will rise perity well; but the air-passages are store or less obstructed, still nowhere electerated in the early commerconent of the disease. There is a course and lagged sound, as if the air was cut up and made to jour over a rough grater, or something of the kind. Upon examining the roots of those granules, we will find inflammation and reduces about their bases, sithough they show nothing of it themselves. The bass is smillen, red, and hard; and directly out of this, like the point of a pimple, projects this unitary grandation, as it is called. It is undoubtedly produced by himser, by possin in the blood, and is susseptible of eury when early trentment is adopted. In these cases, free commuten of the lungs, change of air, remedies to purify the blood, to remove all inflammation and excitement from the lungs, to virify the general health, renewate the constitution, build up the strength, &c., go a great way in removing the disease, and in a vast many cases it may be perfectly and permanently survel.

CHAPTER XVII.

PULMONARY CONSUMPTION ITS VARIETIES (Comments

SEEK PULMONAUF CONSUMPTION.

I similarize in regard to more consequence, that the amouncement that there is such a disease, might startle many persons. The statement that there is such a disease as abin communication, may equally surprise them. It is nevertheless true, that in very many instances, affections of the longs and threat are induced is persons in any degree predisposed to pulmonary disorder, by the transfer to them of true skin disease.

The fact must have been often noticed by many of my readers, that a person will be for a length of time subject to some form of humor or skin disease, which will at length disappear from the surface and apparently " got well," when, soon after its disappearance, disturbance of the lange or throat in some form-perhaps a sore throat, or broughill symptoms, or shortness of breath, or a cough, or swhma, or Needing from the lungs-will occur. A familiar example of this is often seen in measies (a true exauthematus skin disease); when they "strike in," as it is tenned, a severe disturbance of the lungs is often the consequence. In this, and in other cases of the subsidence of skin disease without being coved or the poissoons mase removed from the system, that cause first manifesting itself in the skin, has been transferred from the skin to the lungs. By this means, true communition is often developed. An acquaintance with these skin discuss, and of the correct mode of treating them both on the surface and on the lungs, is exceedingly important. Indeed there is no branch of medical inquiry more interesting, or that can be made more useful to the student of pulmonary disease, then a correct knowledge of skin diseases and their complications. All persons should have a sufficient knowledge of them to be fully aware of the intimate relation there is between the longs and the skin, and the linksity there

is that final disease of the former may follow improperly treated discase of the latter.

It is not my purpose here to write a treatise on skin diseases. They are so numerous, and their complications so multiplied, existing in such diverse forms, from the simple rash or pimple which appears to-day almost or quite unneticed, and disappears to-morrow, learing not a truce of its visitation, to the most obstinate, horrible, stalignant, and fatal discoupers of any that affect the burnan family, that a volume might be written upon them. I shall only call attention to a few of these most common and familiarly known, and which most frequently, by falling upon the lange, decelop consumption,

Some persons, in early life, will love "sould-head," and this disense will follow them, more or less, far into adult life. Solv-heave is the abiling enemy of others, and appears on the hands and in the bends of the knees, ollows, &c. This disease is usually much the nest violent in spring, fall, and winter. Any great changes of weather generally aggrarate it, when it produces blisters on the hands, chappings, weelings, and desquaranties.

Other persons have large red blotches on different parts of the body, followed by soros; in many instances, swelling of the nose, intense rednoss about some portions of the face; in others, large become spots may cover it more or less. Then we have rispresses and heter and hires and scaly bureau, and some complication of these primitive skin disenses. Some of these diseases never occur except in hot weather, others never appear save in winter or in the changeable and cold seasons of the year. Hiros and prickly-heat we often find entirely disappearing on the approach of cold weather, St. Jackeny's fire, or regalization, in its many forms, is a true skin disease. It is usually accompanied by inching and burning heat, and is greatly aggregated by exposure to cold winds or excessive warmth. Many kinds of doc will excite it when dormant, and send it to the surface to exhibit its utmost powers of minible and armsystee. Sometimes the person will feel as if enten up by some The great najority of these discuss are much dangerous while confined simply to the external surface of the body and limbs; though sometimes they produce great swelling of the legs, and a urbolo bost of complaints, giving rise to much inconvenience and suffixing. When they cover the face, they often convert it into a most repagnant mass of disease. Yet they are very adden fatal while remaining external: in fact, many persons seem to enjoy the best general health, and that during many years, though the subjects of some disgusting skin disease.

No one will deny or dankt, that nearly all skin diseases are produced by poison in the blood; and, I report, while they continue on the surface, they farnish useful outlets to this poison, and are not, strictly speaking, dangerous. In many cases, these skin diseases after a time retire from the surface, or they may be driven from it to the internal organs by the application of injudicious remodies, and thus produce disease upon my part where their terrible humor rests.

But when any of those humors retire from the surface, the external outlets being thus closed, they fall upon some of the internal orgame; correctines on the bourels, at others on the stomach or liver, but most frequently on the langs. For asample, persons subject to salt-rheum, on its sudden disappearance from the hands or chewhere, often very soon boys a severy attack of asthma, or a stricture across the chest, or shortness of breath, or somethroat, or bemorrhage from the lungs, and very usually a cough, more or less severe, accompanied by more or less expectoration. The poison of the salt-farure has gone in suon the lungs or throat, and settled upon the membrane that lines them. If the bursor responses on the surface, usually the lungs and throat are at once relieved. But if it remains for a sufficient length of time on these organs, terrible mischief is the consequence; sented nithms or bronchitis, with cough and discharges from the lange more or less profise, being established. The miscons membrane, lining the air-passages and cells, becomes the sent of chronic inflammation, thickening, and perhaps of alcoration. It thus becomes, of course, disqualified for the perfect performance of its proper office; and the power to merate and circulate the blood being impaired, a foundation is soon hid for tuberculosis, or some other serious discuss in the substance of the lungs. If tuberculous deposits already saist, or the patient is strongly predisposed, hereditarily or otherwise, to pathisis, a fatal form of consumption is soon developed.

When sult-rheum has existed for some length of time, and the whole system has, to a considerable degree, been brought under its influence, it not unfrequently occurs that it will appear on the lungs without wholly disappearing from the surface; and the patient will have cough, asthmi, broughtis, bleeding, dyspasse, and perhaps sink into true polynomary plathics, while at the same time the humar remains more or less on the surface.

Now, what is true of saltarbeam in these respects, is also true, to a greater or less extent, of nearly all other skin discuss and humors. Indeed, I have no doubt, that nearly or quite all the external humors may be, and are, reproduced on the internal organs, and particularly on the living membrane of the throat and langs.

I will not dwell further upon those humors or their varied complections. But I will only remark, that while there may be some forms of skin disease exceedingly unalignant, buffing the medical profession in runing them, nearly all of those which commonly prevail, and from which most is to be found for the image, are perfectly carable, without any injury to the system, and without terring any trace of their poisoness trail. Those disagreeable comptions in the form of sores, blotches, beils, pinques, rash, chappings, cracks and fissures in the skin, scales, &c., &c., so armoying and often so prinful, as well as those cruel deformities that so frequently disfigure the face, may be entirely removed and permanently cared.

There are thousands suffering from these affections, who will agree with use that, viewed simply as external skin diseases, they must be regarded in of no little importance; but when it is considered that they are so liable to recede upon the vital organs and occasion such incalculable mischief, as I have stated, our estimate of their importance must be greatly enhanced. We see at once the exceeding danger of any mode of treating them, particularly those external applications so frequently used to "day them up" and "scatter them," which shall tend to drive them from the surface, without at the same time employing measures to eradients them from the system; and particularly to guard the internal organs against their attack.

Let me add, that not only are those human carable while confined to the skin or external surface, but modify the mischief they scenarion in the large may be arrested, and the lungs and throat completely relieved from their poisonous inflavors. Those, however, who find their lungs in any degree disturbed after the disappearance of a skin disease, should not lose on hour in sceking efficient relief. Every hour's delay increases their danger, and lessens the probability of everyoften serious disease. Still, if white pulmonary communities has become actually developed, or asthma long sexted has supervened upon skin disease, the sufferer should not despair; for, unless the large are too far disorganized and the constitution too much broken down, they may be saved. The diseases in this form me not incurable.

Before closing this chapter, I would mention, that primorary consumption may be, and sometimes is induced by the influence exerted upon the general system by certain forms of skin discone. This occurs where the disease on the surface has resulted in large sares or abscesses, attended with great and long-continued discharges. From this cause, there is sensetimes an immense drain upon the system, which eventually so weakens the patient and breaks down the vital powers, as to situite all the great processes of life and develop tubescalosis. Then, again, consumption sometimes results from the sudden healing up or suppression of such sores or abscesses. In these cases, the escape of the poisonous humors by their established channot being suidenly prevented, they flow to the langs, and set up disease there. The skilful physician will carefully inquire into all the facts and indications of the case he is called to trent, and adapt his treatment to them.

THEATMENT OF SKIN CONSUMPTION.

Where we have reason to suspect the presence of humor or intent skin disease in the system; or where these diseases have once occupied the surface of the body, and thence retired to the interior, our first duty is, if possible, to bring them to the surface; and when this is accomplished, we shall have used great progress towards the surof any disease produced by them. When they are once established upon the surface, remedies may be employed which will purge the blood of the princes, and then suitable local applications will rapidly complete the cure.

It has been my task and pleasure to treat a vast number of skin discusses, external as well as internal; and I have usually found that peoper remedies, timely applied, will insure a prompt and perfect cure.

CHAPTER XVIII.

PULMONARY CONSUMPTION-ITS VARIETIES-(C-10-0).

SPRIORATIC AND UTIERO-PULNONARY CONSUMPTION.

Each successive period in the existence of the human organization-its advest, its unfolding, its maturity, and its decline-has features of special interest, attraction, danger, and disorder peculiar to itself. Her there is one period invested with special importance, above perhaps all others; one in which a remarkable change takes place in the bedily constitution and in the moral affections. It is the period when are rapidly unfolded those latent functions and susceptibilities possibly to the sexes. From this time the individual becomes physically and mentally a new being; the nervous system has inparted to it a quickened sensibility, the check a raddier glow, and the eye a new brillingy and a desper intensity of expression; the form rapidly develops, and the voice changes to a deeper base in the male and a purer treble in the Sanale; the opposite sexes assursing consciously new relations and discovering each in the other new attractions, become such to the other the source of the highest inspiration and the tenderest sentiment. In a word, at this period the being posses at once from childhood to mashood and womanbood.

The influences under which the system is brought by those changes, art powerfully upon the voice and lungs, as well as upon the general circulation of the blood. As we have seen, the beam also, in common with other organs, feels the wonderful effects of this new life; thought is quickened, the imagination is fired—sentiment, hope, and courage are inspired, and fancy points the future in colors of remarkic bounty; the whole being becomes instinct with a higher visulity.

But while these new influences so beautifully unfold the child into

the man and woman, they bring with them necessarily pseudor liability to new forms of demagement and disease. If from any cause the newly-awakened functions are accested and withheld from complete development, or are overtaxed and dobilitated, the effects are truly deplorable. The whole body at once feels the shock; the nervous system is prostrated, the strength and flesh decline, the mind becomes impaired, and the vital powers all seem to sink; and have, in this state, it is that, if there is the slightest predisposition to lung disease, the outcohed sufferer rapidly declines into what may be properly miled in the state "spermatic," and in the female "steropulmonary consumption."

It has been my unhappy lot to witness many instances of the most distressing results from the causes to which I have referred. The influences upon the brain and nervous system are especially deplorable, producing mental deldity, alliery, and invanity. They also produce a most disastrous effect upon the action of the heart, causing palphation, fluttering, jumping, and nonetimes positive organic disease; indignation, sometimes in its worst forms, frequently accompanies the other decaugements.

SPERMATIC CONSUMPTION.

Without entering at length into the causes and symptoms of spermatic disorder (which would be hardly consistent with the design of this work), let me say that in thomsonds of boys and young men, the foundations of true polinomary consumption are hid by thom pernicious bubits and practices whose immediate results are experienced in the disease known as operatorewhor. The practices referred to are much more prevalent than is dreamed of by percenand grandians generally, and they are not whelly confined to the male sex. The terrible mischieft entailed by them can hardly be overstated. The whole system is thrown into confusion—the brain, the nerves, the spine, the heart, the digestive organs, the irrer, and, somer or later, the lungs, all soffer; while, at the same time, a local irritation or suffarmation, resulting, in many cases, in positive organic lesion, taken place, which obtainably perpetuates the mischief even after the exciting causes here been abundanced.

When the local destruction disease to which these causes give rise, has been established, we often find, at rather an early period, great weakness of the voice, great loss of strength, weariness upon very moderate exercise, less of color in the cheeks, and a blaich build state upon the complexion. In those predisposed to lung discuss, a busky cough—quite obscure at first—shrinking of the chest, stooping of the figure, less of comage, less of minution, dread of society, great prestration of the nervous system, beetle fever, chills, and night-orients, sooner or later closely amounts the establishment of the reign of the distroyer; and this occurs not anticquently in the most beautiful and the most promising of our youths.

This disease is enrely ever-discovered in low life, among the laboring population; but occurs more among those in the middle ranks of life, who are in easy streamstances—among the tradesmen, students, and solentary and literary persons. It is rarely over found in numbed persons, unless contracted previous to marriage, or unless some peculiar circumstances intervene between the married pair. The saceptions are found where great accesses take place, whereby the constitution of the offending parties is injured.

CUBABILITY OF SPRINGATE CONSUMPTION,

Consumption induced by these influences, is usually obstinate and difficult to core; still it is not incurable. I have treated many cases of this form of consumption, and generally with success; indeed, uniformly so, when the lungs or heart have not been much assegunred. It is of course accessary in these cases to arrest and care the distinctive local disorders; and to do this, busides the employment of proper remodes, it is absolutely essential that all the inviting causes I have adverted to, should be totally abusioned and removed. Unless this can be accomplished, there is but little or no hope of restoring the patient or saving him from the deadly embrace of consumption.

But I will aid, that it is not usually difficult to secure this result, as nearly every instance of this complaint that has come under my treatment, I have been able to whelly care. The securest heart troubles, when all hope of his secured to be lost, and the general disorders of the nerveus system, have been fully and permanently oured. Impotency, in nearly all cases, can be perfectly referred. These diseases are truly formidable and hopeless to those unac-

quanted with the true and successful mode of treatment and the true remedies. But when fully understood, they are eminently curable.

UTERO-PULNONARY CONSUMPTION.

The records of mortality disclose the fact that a greater number of females full victims to consumption their imits. There are many reasons why this is so, particularly under the diverse inflaences which, in the existing sinte of society in Clustersdom, set upon the one we and the other. The female has by unture a more delicate constitution, and less strength and tigor than the male; she passes the most of her life in-floors, in a less pure and invigorating sir, and her habits are all more sedentary and less active. These are the general rules, and they constitute some of the runous why tromes, as a class, are more subject to hing discuss than non. But the reason to which, in this chapter, I desire to direct special alternion, is one resulting from the female constitution itself, presenting one of the most influential causes of pulmonary discarbance that exist.

In those peculiar influences which are reflected from the female organization upon the general system, when it is in a normal such healthy condition, the physiologist discovers that which contributes vastly to the buoyancy and happiness, to the glow and splender of female life. But let disease involve this organization—and from its nature and offices it is peculiarly liable to disease—and also the influences which flow from it become as truly success of the most deplorable mischiels; the whole system is often rapidly debilitated, enfectbed, and thrown into disorder and disease.

The symptoms which follow an interruption or disturbance of the periodic function, for example—a common form of deringed action—are marked and generally very distressing indeed,—if protracted, most dangerous and destructive of health—other of life: disorder of some of the great vital organs—the brain, the large, the hours, the liver, the stomach, the bowels, the kidneys, &c.—being almost certain to hereune developed somer or later. Interse headache, ruch of blacd to the head, insurity, polyination of the heart, enlargement of the heart, thickening of its walls or valves, and dyspepsia in some of its varieties, dropsy—general or local—great nervousess, debility,

emectation, toerming pain in the back, sides, tips, and polyic region, &c., are among the consequences of the disordered function to which I refer. The appetite is often capetrious, the food is bully digested, the bits is gradgingly eliminated and of a vicious quality, the bowels are usually confined, there is a distressing measurem of sinking, weight, oppression, and bearing down, the complexion becomes clouded and endawerous, the eyes lose their limits, the spirits sink, the remail function is imperfectly performed, the nerves are unstrung, and in fact all the springs of life seem thrown into confusion.

In this most infortunate condition, Nature, at stated intervals, struggles to comme the supremary; and then, when insecreasful, the solden mixings, the servous confusion and mental distruss—deepening often into hysteric fire—the above insupportable pain, the cold surface and extremities, the interestiting poles, the pulpitating beast and almost arrested circulation which occur, show the terrible influence of this struggle upon the nerves, the brain, the heart, and circulatory system. In some cases, there is a emblen accession of jurisdice—performess of the skin and eyes, blenting of the face, blue-sess and aveiling under the lower systids, indicating the disturbing influence exceed upon the liver and the whole bilinry circulation, involving also the capillary system, as seen in the disposition to droppy.

As will readily be supposed, the lungs cannot escape the consequences of this flows and destructive struggle. They, in fact, often become the principal sufferers, and through them is struck the most

fital blow at the life of the patient,

In those in any measure predisposed to primorary consumption, or tensicial affections, we frequently notice bleeding from the lungs occurring at the cummerial period. Sometimes the bleeding will be slight, or others continuing through the period, and in quantity proportioned considerably to the picthoric or attenuated condition of the putient. Of course, these discharges of blood from the lungs are very dangerous, indicating congestion of these organs and a very great disposition to tuberculation. Where this hemotrhage takes place, it is frequently followed by a dry backing easigh, hasky voice, rapid emiciation, prostration of strength, and short hurried breathing, experienced upon every attempt at labor or exercise. Total loss of rolor in the checks, shrinking of the face, a starting, lack-lasting glare of the eyes, and pearly color of the names; slight chills, fever, and night-sweats, and diminished appetite, soon succeed; all clearly pointing to the terrible work of destruction going on in the citudel of life, from the influences produced by the disordered female constitution.

Scarcely any case which can be presented, is more calculated to excite the similalities and arouse the energies of the honevolent physician, than that of the famile suffering under the symptoms I have described. His first and most streament efforts will be directed to restore the suppressed or interrupted function; for, if he is thur-oughly informed, as he should be, he will know that unless this can be done, he can do little to afford any substantial relief; that the system must steadily sink into the final embrace of positive organic disease of some of the great vital organs; and that, if there is the slightest predisposition to polinomary affection, the hings will almost inevitably become the seat of that disease.

The whole ricels of the symptoms I have described, shows conclusively that disease of the longs may, and often does, originate in disturbance of the oterine functions. Other evidences might be presented. For instance, we usually find at the return of each period, when the longs have taken on disease, that the pulmonary symptoms will be greatly aggravated. The cough will be more severe, the shortness of breath will be greater, chills oftener, fever more intense and prolonged, conclusively proving the uterine influence at these periods.

I have thus dwelt upon the influence on the general system, and the burgs in particular, of the disorder I have been described, because the function involved in it seems to be more intimately connected with the general system—with the health of every argue of the body, with all the conditions of famile life, and more inclining to pulmonary consumption and subsecutions than any other form of fomale disease. The female is, as is well known, subject to other disorders possibly to her say, but they tend less to evert a constitutional influence than the one I have considered | and otherspirity are, some of them, of a serious character, and produce a great deal of suffering and debuilty, yet they do not seem to exact the same tendency towards disease of the lungs. It will not be measure, therefore, that I should do more than advert to one or two of the more common of these disorders, and to point out the danger there is that they may affect the lungs. INPLANMATION, CICHEATION, AND PROLAPSES OF THE UTERUS, MAY DEAD TO CONSUMPTION.

It is not my purpose to give here any lengthy description of the various affections of which the sterns is the scot; but simply to refer by them generally as the came or occasion of pulmontry disorder, The discuss of this organ, though often observe, and existing in many females who do not know or suspect the more of their illhealth, are nevertheless telerably well understood by most intelligent ployicians, at least no far as their more prominent arraptoms are concerned; although their treatment, I must say, is almost universally useless or worse. But what is not so generally understood by physicians, and is scarcely known at all by others, is that in every case of attenue disorder, of whatever form, there is extreme danger that the disorder may be threern directly upon the lungs, or that discuss in the palmonary organs may be developed by the penarating, depraying, descriptive influence of the uterine denugament upon the general system, especially in those predisposed to consumption. For example, in cases of alcoration of the merusnot a very measuremen affection-the purulest product of the olders. tion is more or less absorbed and carried into the general exectlation; becoming thes a most mischievers and corrupting poison in the blood. The blood thus corrupted, is filtered through the lungs, and of course is liable to set up disease there. Then, again, this alcomion occasions an exhausting drain upon the system, pentrating its strength, and so diminishing its vital forces that the great functions of fife-nutrition and extretion-carnet be perfectly carried on; so also this alteration throws the nervous system into confident, impairs digestion, often essues extreme pairs in the back, sides, hips, pelvis, shoulders, chest, head, or elsewhere, disturbs the heart, erming pulpitation and confusion of the develution, &c., &c., Then both alcoration and inflammation are almost always attended by more as loss " folling" or displacement, in some form, of the ateres. When this takes place, besides the symptoms ordinarily recognized. such as pain in the back, hips, and lower limbs, a staking feeling at the storage, a drugging down, heavy sensation in the privis, doc, there is another, almost always present, showing how direct an inflaence is exerted by protoposa upon the lungs, but which seems to have been strangely overlooked; I refer to difficulty of broothing, short breath, a feeling of seeakness in breathing, as if it were impossible to fill the longs with a sotisfactory brooth ; with this there is a tired, dragging, weighty sensation about the shoulders and top of the chest in front. These symptoms indicate that the function of pesteration is impaired, as it certainly aften is in prolopous steric, and the explanation is this:- The organs which occupy the abdomen, with the Ever, stemach, spless, &c., constitute, as it were, the foundation upon which the displacing, or nosbolf, her, and spon the displacem rest. the lungs and heart. Brenthing is necessibled in part by the alternate rising and falling of the displangue—thus by turns onlarging and diminishing the capacity of the clamber occupied by the large. The displanges being a broad, thin mustle, arched appared, has the power, by contracting, to move aloneward, but not apward; it being, after it is drawn downward, carried back by the contraction of the abdominal muscles pressing the contents of the abdomen upward against it. Now, if any of the organs occupying the sindomen are thrown downward out of their setural position, it is evident that the power to thoroughly expel the air from the lungs in respiration, by carrying the displaying upward sufficiently, must be impaired. This is mustly the true state of things when the womb has fallen from its natural position. I need not say, that if requireties is impaired, the health of the lungs is endangered, and consumption in some form, liable to be induced. In fact, there can be no doubt that mor of the symptoms of uterine disorder may tend to by the foundation of pulвиопатт сонянирелов,

What is true in the respect above noticed of alcoration, is true also of simple chronic inflammation of the interes, with its attendant disorders, bencombara, obstructed, prinful, or suppressed entimeria, &c. Where the female is not the subject of any hereditary consumptive taint—has large, strong lungs, a full chest, an erect figure, and is not in any degree inclined to consumption—where the constitution is not at all sendidous, nor the temperament lymphatic, disorder of the interes may exist, and the lungs escape entirely. But where there is a small chest, or weak lungs, or a scretifious habit, or from any cases a predisposition to lang complaint, then there is peril; and there should be no delay in seeking spendy and permanent re-

lief, and that by a system of treatment which shall subdue and remove the disease of the aterine organs, and at the same time fortify and goard the lange against injury or attack.

CERABILITY OF PEMALE DESCRIPTION.

As the result of a very considerable professional experience with the femile diseases I have been considering, I am most happy to record the fact that they are usually perfectly carable. I have met with few cases of supposed or interrupted estaments, or of prolonged sickness, flording, afternation, inflammation, or displacement of organs, in which I have not been enabled to completely restore the patient to health. None of the disorders incident to the feorale organisation are in themselves incurable, save perhaps only easeer, and some other acalignout tensors and degeneration in the internal organs. I speak thus confidently, because I draw my conclusions from facts derived from my own practice, and therefore from personal observation. And here let me say, that with the removal of the local cames of disorder, not only will all the inconvenient and distressing symptoms I have described disappear, but nature will usually resume her great function where it has been suspended, and the childless wife realize her deferred liepes in the joys of a healthy and happy moternity.

It is, of course, extremely hazardons, particularly for a Semile helonging to a consumptive family, who is subject to a cough, who has weak langs, a small chest, or a "delicate constitution," or who from my case is prelisposed to weakness or discuss of the palmonary organs, to disregard or neglect any of the indistrieus of disorder peculiar to bee organization. If she is so masse as to do so, she will almost inevitably, sooner or later, and usually in a little time, find herself the victim of "atterine pulmonary consumption." But while the intelligent and sympathining physician will good his putient, if it be possible, from sinking into the obstimute power of this disease, he will not abandon her case as hopeless, if she does so. She may yet be saved by the judicious and faithful use of appropriate remedies, before the longs have become so for disorganland, and the constitution so much broken down, as not to lauve sufficient vital power adopastely to respond to the required treatment. I have, in the course of my practice, had very many of these cases

to treat, and from the success which it has been my happiness to witness in the result of the means employed, in complete restoration of those who had desputed of health, I would hid this large class of sufferers to take courage. Your condition is not beyond remedy. There is relief to be had from all those ills, of which the pain and suffering, mental and bodily, are known only to yourselves.

CHAPTER XIX.

PERMONARY CONSTRUCTION-ITS VARIETIES -(C-1-1-1)

CONSIDERTION PRODUCTS OF PETER SOCIES, WHITE SWELLING, DESCASES OF THE DOORS, FIRTLIA, DIP RESEASE, LUMBAR ASSCRIS, RIC.

A carrier many cases of consumption commence with discuss of the boxes, especially in those predisposed to pulmonary affectional and instances seem even in those not so predisposed, if disease of the boxes is long continued.

White reelling is a screfitions discuss, located upon some of the joints-usually the knee, hip, or others. It is often attended with excentive prin, and is usually followed aconer or lates by a forgation of abscores and domy of the bones. In some cases, one or more of the bones of the log or arm, or elsewhere, become discussed, and will mortify and die; and in the process of exchantion, or separation of the dead from the living parts, large abscesses will be formed, and very serious injury to the whole system will result. This form of disease is called accounts of the bosos. Sometimes these abscrass will continue for years; and faults, nature, or the set of the surgeon, will remove the diseased or dead bone, the absences will neal, and the project recover his health. I should remark, that cases of white prelling are sometimes found in which abscesses do not take place. But in these cases, the effects felt in the general constitution-the prestration of strength and the wasting of firshare mucily quite in great as where absences do form and break

Hip disease is frequently som. It commences with poin and smalling about the hip-joint; and often steadily progresses until the hip is distorted and apparently thrown out of joint, and extensive abscesses are formed. It is not always fittal, though sometimes so; but it more cases, after the disease sooms to have expended its force, and the joint has been destroyed or disorganised to a greater or ion extent, it disoppears, leaving have ver the patient a cripple for His.

Lumber observe is another made in which discuss manifests itself.

An abserve forms in the lumbur region—that is, in the "small of the

back," usually involving to a greater or less extent the hones of the back. It is accompanied by great pain usually, and terrible wasting of the flech and strength. The discharges from these absences are sometimes very great, and not undrequently the patient becomes bed-ridden.

Fishely in any is not un unfrequent disease. It consists in the fernation of an ofereous phosess, that sometimes perforates the recture, extending from the perforation down on the outside of the wall of the rectum, and breaking externally near the same to lower extremity of the back passage; often it does not perforate the rectum, but is liable to do so if long neglected. When such an absense occurs, a fistalous opening or channel is established in the track of the aboves, from which a purulent discharge takes place, and the contents of the rectum often pass. It is attended with great pain and screams, and often swelling; and will frequently continue for years to many and huras and distress the sufferer. Fistula occurs from a variety of causes; sometimes from severe and protracted constitution of the lower borrole; sometimes from long-continued and neglected piles, doe. But whatever the couse may be in any case, there are always indications of great depeavity of the constitution. Those who have suffered from this disease, used not be told that it is painful and amoying.

In all these manifestations of disease-fever sores, white-avelling, abscesses from disease of the boxes, lumbar abscess, hip-joint disease, fistula, &c., all belonging to the same postilent family-there is great degeneracy of the constitution; and if the persons affected by them are predisposed to consumption in any degree, unless the original discase is removed, the wasting of the system by them, the deterioration of the general constitution, and the prestration of the general health will so reduce all the vital forces of the system, that tuberenlosis of the lungs will untilly take place; and then, if timely aid is not secured, we may expect a fittal issue. There are hardly may discusses to which the human system is subject, that require, for their successful treatment, more mature judgment or higher medical skill, than those under consideration. D is in these cases that the effects of the skillal and experienced physician and surgeon, will often resalt in the greatest medical triumphs. If the lungs have become dismaid, courations for the cure of fistula, or amountations for the remoral of finds affected with white-swelling, must not even be

thought of until we have first relieved the large and placed them in a state of health; because, if the lungs are disensed, and, by a surgical operation, parts discharging great quantities of pas are removed, and the issues that have been long open are dried up, the whole current of purclent secretions will be thrown upon the lungs; and this, together with the shock to the system, caused by the operation itself, will usually bring on a fittal termination in a very short time. I have witnessed many cases whose surgical operations have been performed in the ampetation of limbs, or the attempted care of female by enting, when, at the same time, the large were affected, and is all of them there has occurred a rapid increase of pulmonary cruotons, followed by the death of the patient the scorer than would have taken place had the discused limbs been allowed to remain autoschod by the knife of the surgeon. This remark, however, does not apply to cases of doud bones, which may sometimes be removed without economising any lung affection. But in all cases it is indispensible to furtify the lungs, so that is no certificency shall they become diseased,

In 1847, a pentiemen called on me from the neighborhood of Keene, N. H. His left effect-joint was enormously swelled, and an absent had formed from which were discharged great quantities of pos. The ann above the joint was estacisted apparently to the more hone. He had at the same time a very bad cough, with pursient and bloody expectorations. He had received conflicting advice on the subject of his nem. The most experienced surgeons, such as Dr. T- of Keens, adried to let it alone, as all experienced and judicious physicians would have done. Individed that the arm be not removed, and that no attempt be made to heal up this great issue intil the large were cured. He followed my advice. I gave him such comolies as I thought best suder the circumstances; alrising toxics, pure air, and pulmousry medicines. I strongly unged him to here no operation performed upon the arm. He returned to Now Hampshire and recovered his health: His large were soon relieved, and I believe his arm got well. In all these cases, the care must commence in the lungs and in the general constitution of the porient. His blood must be purified, degeneracy arrested, and its poisome removed, or a cure will not follow. But, by a course of treatment calculated to seeme these ends, those diseases are generally combbe,

The late Dr. John A. Swett, in his work on chest discuss, gives

the following cases, which beautifully illustrate and prove what I have said in regard to pulmonary consumption, in a great variety of mess, beginning in a part of the system for from the lungs, and coding in the lungs themselves—terminating in true inhercular consumption. He says in his Transfer on Diseases of the Chest; "A medical gentleman died in this city during the past year, who had suffered for a long time with symptoms of disease of the urinary organs and of the rectum. This discuse was found, after a postmorten examination, to be a successes affection of these organs; at the same time the lungs were found full of emecous deposits. Yet mither the patient, nor the intelligent physician who attended the case, ever suspected any pulmerary disease." He gives another case equally striking:—"I remember the case of a young lady whom I attended many years ago, which made a great impression on me. She was suffering from pain in the head and from chronic diarrhum. She omninted rapidly, had bectic fever, but never any symptoms of pulmonary disease; no cough or pain in the chest existed, and the respiration som easy and natural; yet after death the lungs were found full of tubercles beginning to nother." The first was a case of cancer coromystion. The second a striking case of howel and brain palmenary consumption.

There is perhaps no clies of disorders having their sent in other parts of the system, that so severely threaten the longs as the affections I have adverted to in this chapter. When they occur, there is invariably great danger that discuss will develop itself in the lungs in the mount course and progress of these effections. There is still greater danger that it will do so when any means are taken so "arattee" or suppress swelling, or heal abscesses, or indeed when any treatment is adopted calculated to subdue or dissipate any of the manifestations of humor, unless at the same time the most sections care and the most efficient mensures are taken to gened the larger against attack, and maintain them in the full and uninterrupted performmer of their functions. These discuss should never be neglected. Besides being liable to develop disease in the lungs, they are most districting and dangerous in any of the manifestations I have described. It is possible to treat them in such a manner as not to endanger the pulmonary organs, and at the same time acrest their destructive course, and resent the patient from their deleteriam influences.

I have now given a semmary of the primitive forms of consumption, if I may be allowed the expression, or a description of these discuss originating in the lungs themselves or in distant organs of the body, that finally terminate their course upon the lungs, each presenting in their origin distinctly marked characteristics, and so plainly differing from each other as to authorize a separate classification, and demand some different remedies in their treatment. Although at the very close of life, consumption seems the same disease in absort every person who dies of it—and many times an examination of the lungs themselves after death will benefit justify making so many distinctions in the disease called communicos—still, the original variety, the primary-cause and the primary sear of the disease, and its peculiar inflactness upon the system, will mark and modify the whole course of the sickness almost to the very close of life.

RUENT CASE OF CONSUMPTION AN ENDIVIDUALITY.

It should be home in mind, that from the twenty-two varieties of communition I have described, result almost an infinity of complications and combinations, so that it is extremely rare that you will ever see two cases of palarentry consemption so nearly alike but that a close observation would detect differences. I remind you of this in order that you may recollert that every case of consumption is an individuality differing from every other in some particular, although agreeing with all others in general points of resemblance. This knowledge will lead you to avoid grouping together closur of patients, and to investigate each case corefully in all its own poemiar features, excelooking not a single symptom by which a difference is established; prescribing in the first place all the remedies requisite for the general points of agreement housess this and every other form of communition; and then prescribing the particular remedy required to overcome the symptom or condition in which the case in hand is peculiar. Thus every case will call for all your learning, your observation, your powers of analysis, and your profewcould across to determine its whole condition and the totality of its present and prospective losions. This done, the same care, and the same regard to the individuality of the case, will influence you in selecting the remedies necessary for its prevention and its final cure.

THERE IS NO "SPECIFIC" FOR CONSTRIPTION.

It must be evident from what has been said in the preceding pages, that for the successful trentment of lung diseases, it is required that we exhibit far different remedies in some forms of consumption from what we do in others, if our practice is to be scientific, rational, and successful. If, however, we propose to treat lang disease on "speculation," then we will employ one remedy for all forms of consumption, when, of course, failure and disappointment will cover us with contempt and shame; then we shall adopt some "cureall," and, busting of its "never-failing power to cure," prescribe it indiscriminately in all cases, until repeated failure demonstrates its usclosuces, and drives us to look out for some other "specific" to have its fashion and its day, and in turn to be thrown aside. Such a course, which is too common, tends to make the very name of physician, in connection with the treatment of consumption, a term of distrust and repressable.

By earefally pursuing the history of the varieties of consumption that I have described, the intelligent reader and the intelligent physician will most readily understand who no single remedy has ever yet. been discovered that will prevent the commencement of pulmonary consumption, or care it other it less once takes place. Hence the utter and total failure, in all times and in all circumstances, of the attempt to euro-palmonary consumption by one remedy. The disease itself is so diverse and so suried, its preceding essays are so multifarious, the progress and changes made in the system and upon the lungs are so multiplied and conflicting, that it is truly impossible even to conceive of one medicine that shall alone cure palmonary renumption. As well might we suppose that ice and he so modified that it should at the same time lead our houses and congest our creams, or cook our fool and freeze it at the same moment, as to suppose that we can discover one remode that singly and alone can restore the distorted chest to perfect symmetry, expand the lungs, restore the general strength, purify and enrich the blood, and diffice health and life and vigor throughout the entire system. Such a singleremedy has never been known, and seems in the nature of things to be even an impossibility. The terrible charlatarism and empiricism, which have travelled the world over among high and low, has detired its origin and its propertity from the great confusion that has prevailed upon the subject of communition itself, more than any thing the,—a confusion which I hope this treatise will serve in some measure to dispel, and so clear the noble science of melicine and the art of healing from most unnecrited edium, incurred not from any want of efficiency or countire powers in medicine, nor from the impossibility of obtaining the mastery over nearly every case of pulmenary consumption in its commencement; when it will appear, if there is a follow to cure in any case not fatally debyed, that the failure is not a necessary one, but is due to a want of knowledge and want of skill in the procitioner who treats it,—knowledge and skill which are within the reach of all physicians who will consent to by aside their preconceived notions and their prejudices, and be guided by the light of facts and true science.

CONSTRUCTOR THE CITATOL OF QUACKERY.

Consumption is the citabel of quarkery. Make this discuss understood, and curable in the hands of all intelligent physicians settle the principles consecuting it, and the remedies required for its prevention and case, and there is an end of quarkery. Empiricism will have so little left for its foundation and support, that it will not long exist in the hideons proportions that it now presents. But let the same confusion prevail in regard to consumption that has hitherto prevailed—the same capriciousness and want of success in the aliministration of remedies—and the quark, the empiric, and the regular physician will continue to be classed in the same category—the latter more respectable, but the former equally successful.

CHAPTER XX.

PULMONARY HEMOREHAGE, SHORTNESS OF ESPATE, VARIETIES OF COUGH, AND EXPECTORATION.

HEMODERICAGE.

Time is one of the great symptoms of pulmonary consumption, caused by an organic pulmonary lesson, and usually railing for prompt medical assistance. In all the varied horners of consumption, in all the symptoms throughout its development, there is no one that excites more sharm in the patient, more overwhelming dread of present danger, or greater foreboding of future evil, thus bleeding from the large and throat. Even when slight, it excites the most intense plarm in the patient, and the most agentising distress to his friends. There are various causes of polynomery hemorrhage, as well as various periods when it is most upt to occur. So there are tarious states of the large inclining to pulmonary hemorrhage; and in many individuals we find, from persilarities of temperament, a much greater disposition to bleeding than in others, although there are none unboat exceptions.

I have referred to palmonary homorrhage frequently before, but I here group the whole subject together, so that the physician and patient may have it all before them in one chapter, and, in case of emergency, find here a convenient reference for necessaries and direction.

Of the temperaments, the sungaine is doubtless most liable to pulmonary homorrhage. Persons with red hair, sandy or red whiskers, light complexion, and thin skin, are much more liable to homorrhage than those of billious temperaments, with brunches complexions, dark hair, thick skin, black board and whiskers. The sanguine phlegmatic temperament is also very liable to homorrhage, for in this temperament life is lowest and pulmonary circulation most feeble. It is indicated often by a phung habit, thick, rosy lips, &c. The lungs may be placed in such condition as to lead or incline to bemerilage, by the following causes:—and first,

MECHANICAL INJURIES,

Such as blows, falls, straining the chest by great sectionical efforts, as wrestling, running great distances, lifting heavy weights, long and loud speaking, erators helding on for some hours in their centiens. clergymen preaching several sermous the same day with very much effort, will being the large into a condition in which bleeding will take place. Sometimes the Uceding takes place immediately after the injury; in others, the entratrople is put off for several hours or several days, when most unexpectedly, and even after the injurious occurrence is almost forgetten, the person may be selzed with homerrhage. It may even while walking or talking, while exercising or when at rest; but it very often occurs upon retiring to bed, or in the middle of the night, or towards merning. The patient upon areakening feels something in his mouth, he spits it cort, or, rising, seeks a light, and finds that it is blood. In most cases the fever and alarm it excites are truly distressing, and it must be a stout heart indeed that is not fearfully overcome by a first bemorrhage from the burgs.

REMORRHAGE FROM PLETRORA AND CONCESTION.

A condition of the large favorable to bleeding, may arise without any external injury whatever. Persons of indolent halds, students string long at deals, who have but little exercise, who indulgs in full, free living, drinking much porter, ale, and malt liques, and sometimes those who drink distilled liques, whose bowels are slow, digestion turely—food lying long in the stomach—when the circulation becomes slow, dall, and heavy; persons given to excesses and debanchery, or who are exposed to much loat or great cold; residents of the city, and those who spend their time in large workshops, or in situations where the air is very close—will often be attacked with hemorrhage from the large without any previous admonition. This is strikingly the case where large numbers of persons sleep in one room in hot weather, where the air becomes exceedingly impure and highly mercfied.

I was called, in the water of 1852-4, to visit a young haly in New Jersey. She possessed a singuine temperament, and was truly begatiful. There was not the least disposition to consumption in her family. The July previous, at a large boarding-school in New Jersey, she was compelled to skep in a room with thirty other young ladies, most of them grown up. This room was in the artic of the house, which was divided into four compartments by board partitions, the partitions not extending to the seiling: this room was wholly without ventilation. In this "black-hole" thirty young ladies, of the best families, were forced to skep svery night in the very battest weather, without an open window or any thing whatever that could permit ventilation. As a consequence, she was taken with liveding from the lungs. When I saw her, she was in very advanced consumption, and died in a few weeks.

Another cause is found in

TAKING COLD,

And consequent suppression of the entrasons perspiration and closing of the connectories of the system generally, from being excessively chilled, &c. The patient, after a period of short becathing, slight backing cough, and cold upon the lungs and head, may be attacked with homorrhage. The

BOTTENING OF TURBULLING

Is mother some of hemorrhage; sometimes the tuberculous deposits may be near a large blood-vessel, and in the course of their softening may cut off this tensel so as to produce sudden, and sometimes fatal, hemorrhage. In another class of cases, the langs, one or both, may become collapsed from efficient of pus or water in the plears. This state of collapse may become permanent; and the patient, on returning to tolerable health, will be attacked with sudden and explous hemorrhage from the bursting of a blood-vessel, caused by the effort of the system to carry on the circulation and open the collapsed lang.

SUPPRESSED CATAMENTA, DETING UP OF CLIP DISCUS, ETC.

Bleeding from the lungs, as a retarious discharge, occasionally secure. I have witnessed repeated instances in ladies, where the extamental function was suppressed, who, at the return of the period, would be attacked more or less with bleeding from the lungs, and this very frequently in very deficate subjects. The drying up of old issues, such as alcons, sere legs, discharges from the case, the switch carring of long labitual piles, and especially bleeding-piles, will very frequently be followed by bleeding from the lungs.

Them are a few of the groups of causes that the physician will meet in the course of his practice. He should be perfectly aware of them all; and is individuals or families with whose constitutions he is acquainted—when he knows to be prediqueed to consumption he should avoid and prevent, if possible, any thing that can place the large in a condition to bring on bleeding.

BLESDONG FROM DUBLIST AND CONTRACTION OF THE CHEST.

There is another class of persons inclined to pulmonary consumption, which I have not mentioned; and these are persons usually of sedentary habits, who have delicate organizations, are very effectinate, and who, by the habit of stooping and throwing the shoulders forward upon the cheet, have greatly contracted it. They are noally of elight, this figure—chest relatively small, &c. If these persons are at all predisposed to consumption, they very readily bleed from the lungs when they are acted upon by any of the exciting causes I have before mentioned.

DISCRICE YOU REMORBILISE PROOF THE LUNGS.

In some persons of very plethoric labits, with large chass and a wast quantity of blood in the system, hemorrhage from the large may be very soon arrested by free bleeding from the arm; and in such cases the physician is fully justified in recommenting it; but in persons of more iblicate constitutions, of slighter development, and especially where they have already lost much blood, bleeding from the arm is not justifiable, and should not be resorted to. In some cases, one or two beeches, or more, may be applied to the chest. or over the part apparently affected, and be of much benefit. Dey copping is also found to be very useful, and can rarely ever do any harm to the patient. Every effort should be made to arouse and equalize the circulation, and procure activity throughout the whole capillary system; and if the feet are cold, which is other the case, they should be put in very marm water, and be kept there till the circulation is drawn fully to the extremities. Muturd-position may be put upon the cliest or between the shoulders; and after taking the fact out of the water, mustard-drafts may be put on the feet with much benefit. The patient may take at the same time as much as be ideases of common table sells. This is one of the most valuable princdies known to us for the prompt arrest of hemorrhage from the large, It will almost always stop it. Salty-tre (names of potents) is also very valuable. Almost any of the astringents may be given with good effect. Leaf should be sparingly used. The diet should be low in robust persons for a considerable time; but is the feeble and delicate the diet should be light, still it should be generous and highly notritions. We should at the same time endeavor to remove all the causes that have induced or inclined to hemorrlage; the bourds should be kept perfectly free; a compress dipped in water, or salt and water, either hot or cold, usay be applied to the chest, or so as to cover it either partially or wholly from and back, which should be changed two or three times a day, until all benordiage, and the effects of hemorrhage, have disappeared.

In cases resulting from the suppression of bleeding-piles, the application of lesshes to the parts may oftentines have a prompt effect in stapping the bleeding from the Imps. (201 issues should be restablished as much as possible, and suppressed estaments should be restored. Although bleeding from the lungs is so alarming, I have found, in a vast many enses, that persons who bleed from the lungs quite as often recover from pulmenary disease as those who, in the same disease, over bleed at all.

I need not add here that the patient should be kept quiet, that conversation should be avoided, and that is no way should the large be exercised such under some days after the bleeding. We should furbid the use of the inhaling-tube, or any mechanical inhalition whatever, until some time has slapsed, when these may be cantiously resumed. All persons inclined to pulmonary diseases, when they commence expanding the class by the use of the inhaling-tube, or by taking long breaths, should exercise great custion at first, so as not, by these extempts, to bring on hemorrhage.

I need not recapitulate what I have before said, but will merely add, search for the causes, much their results, aread inducing any of them by your own prescriptions, and apply prompt remedies to prerest bleeding is all these persons where the causes exist that tend to induce bleeding. With a clear perception of the causes, and a careful knowledge of the circumstances of your patient, you may usually be able to foresee a coming homosphage, and avert it by timely remedies.

SHORTNESS OF BEHAVE.

I will say a few words upon the subject of short breathing, which I have elluded to several times already. I do not, however, propose to do more than refer to a few of the more prominent cases; for, to discuss the subject in any thing like detail, it would be necessary to mention every discuse I have described as connected with the chest, heart, large, &c.

Shortness of breath almost always results from a bad circulation of the blood; there is some condition of the system in which the blood is provented from passing promptly and perfectly through the lamps, and it is detained there. It thus accumulates in the lungs, fills them up, and beatern their capacity to receive air. The blood thus held in the lungs is not nemaed, and distress is felt, as for want of air. There is of cerese a struggle for more broath, and violent pantings, or exavalsive efforts at deep broutleng, take place. This is the case when a very had cold has been taken. It is the case in inflammation of the lungs, and in plearist; the breath is short, because, by the inflammation, the lungs are engacyol with blood, and the pain prevents the five expansion of the chest, when talescoles are deposited in the lungs; then the breathing becomes short. In cases of water on the chest, short breathing is observed; when the stounch is greatly loaded, it produces short breathing, if there is any weakness of the lungs. In thickening of the air-passages, when it becomes considerable, the lungs fill up, and short breathing is caused. Osofication of the heart, or water about that organ, will, on exercise, induce short, harried, and exteling breathing. In instances of water on the chest,

one of the very carliest symptoms is shortness of breathing. In true talescular or congestive communities, and many other forms, the first personitory symptom is shortness of breath—the person finding that he has not his usual breath. When he exercises, he is soon weak and debilitated, and his breath is short; and many times he will incine to take long breaths, and strive ineffectually to expand the lungs; and frequently this effect is accompanied by continual gaping: all this shows that the blood does not circulate properly in the chest.

Shortness of breath often arises from an accumulation of fat in and about the clost, in persons who are very fleshy and stout. The fat will accumulate about the heart, and prevent its action, and also about the walls of the clost, in such a manner as to impede their action; the storage will be greatly filled up, and the displenges, or floor of the clost, does not rise and fall freely, as it would in usual health. The excess of flesh thus often becomes an actual curse of disease.

By referring to the various and separate diseases of the chest which I have mentioned, the render will find shortness of breath conmected with nearly all of them.

OF THE DIFFERENT VARIETIES OF COTOR.

Those who have the opportunity of extensively observing consamptive diseason, are often struck with the numerous varieties of cough-their peculiar phenomena, the time of their appearance, their duration, &c. There is one variety of cough which might be denominated a "disoring up cough," which, in a vast many persons, is a mere bentining. On awaking in the morning almost the first thing to do is to clear the throat. Perhaps they expectorate little or nothbey-constinues, perhaps, a small quantity of sticky phlegm; and a few forceble expirations of air from the lungs clear the threat of the mueus. Perhaps, in the process, the potient backs once or twice; and may be, through the day, the throat becomes slightly filled up, and a little houseness, with a little hacking and benming, takes place. This is often the case in old people, and very often the case with shildren who larry a dight estarth about the throat and lungs. Often the rangus seems to drop down from the luck part of the nostrils into the throat during sleep, and in the morning must be cleared away.

In persons not predisposed to communition, this state of things is not very absenting, as it is found with many who have had it for a long lifetime. This is the cataertal variety of brenchial cough.

CONSTRUCTIVE COTOR.

The consemptive cough, if excefully and strictly noticed, presents many features which indicate to the experienced abserver, almost at ence, the variety of affections to which the patient is subject. True tuleredous cough, is its early stages, is nearly very obscure-a slight backing, which is brought on and increased by exercise, such as running, or going my stairs; the potiest, after such exercise, finds himself short-breathed and panting, with a short backing cough, which he cannot suppress. As the disease advances, this cough gradually increases until it becomes very anasying; rarely ever orcurring, however, in the enric stages, whilst the patient is at rest and perfectly quiet, or when asleep. Where this occurs in persons predisposed to concemption, it is usually when they find themselves in a low state of health, when they are feeble and easily fatigued; they retire to bed at night fittigued, and feel as fatigued the next morning in when they retired at night-sleep does not appear to rest or refresh them. This is strikingly the case with delicate females and young persons of both sours—these who work as clerks, teachers, sempstresses, searing-records, &c. When these symptoms occur, ancompanied at times by slight poin about the sheat, with intervals of entire freedom from pain, and slight expectoration as the cough increases, perhaps sometimes a little blood being mixed with the phlegm. raised, and at others profess discharges of blood taking place, they mark unmistakably the commencement of true consumption, parties larly in those predisposed to it. The patient at this stage should act be neglected, nor the true condition of his case overlooked; but he should be treated promptly with a view to his immediate relief and ultimate cure. Sedentary employment should be exchanged for active exercise, city air for a country residence, and mechanical remedies should be employed-shoulder-braces to expand the chest, and a supporter to support and strengthen the back, shoulders, bowels, As, should be employed; every carse of debility and disease should be removed, repelled eruption should be brought back to the surface, the blood purified and the strength renovated; and in this way, in

the early stages of palmonary consumption, a cure will very often promptly result, and the patient, by preservence, may finally overcome the disposition to it, and live in health during a long life.

After consumption is fully established, and alcoration of the lungs has taken place, we usually find the consumptive to rest tolerably well during the night; but as soon us he waken, or begins to move, in the morning, the cough communes, and in many instances continues more or less for from ten minutes to half as heer, or an hour, attended by expectoration of thick, heavy matter, sometimes of a saltish, sometimes a smootish, and sometimes a muscoss character. Some of the matter namely sinks in water; it is in some cases the solor of creams, in others in has a greenish color. Having eleared the large of this purposet matter, and the envities of the large being thoroughly couptied of it, the patient will perhaps have but little more cough for the whole day-in some instances none at all-until Le retires to bed at night, when he will usually experience mother fit of coughing. What he does cough up through the day is often a light, frother, watery substance, with sewcely may hard or thick matter mingled withit. In some instances the cough will be difficult and violent. This is especially the case where the threat is affected, or where some parts of the windpipe are in a state of infammation or irritation, and then the fits of coughing may continue for hours, The patient may feel as if something was scratching at his throatas if a pin, or something of the kind, stock in the thread; sometimes it will appear to be on one side of the threat, sometimes on the other; and he will continue that for a long time, unable to suppress the cough or remove the offending irritant by which it is produced. During this coughing, the nations will murely raise a watery mattera frothy anistance which floats upon the surface of the dish. If any heavy or thick matter appears, it will be in only small speeks or purtioles, appearing occasionally among the frothy plings.

COMMENTIVE COURSE

There is a class of persons, usually possessing large clasts, and short, thick, fleshy necks, and whose throats appear to be exceedingly small: upon exercise—talking or lifting—such persons are almost invariably induced to cough. They readily strangle from any thing possing "the wrong way" in the threat; and then they will experience a violent fit of cougling, and the throat will appear anddealy to evel and fill up. Such persons, on taking up a hunter match and lighting it, if they inhale the sulphur, are thrown into a ricles fit of coughing. If the strateghere of the room where they are is tilled, to any extent, with dust, they will be almost sufforated. This is often the case with asthuatics, who are thrown into a fit of short breathing and coughing by the presence of various kinds of dust, powder, do. Hearty laughter will namily indoor ough; so will till exercise of the voice, as lead talking, singing, &c., when the face will become flashed, and the veins of the neck swellen, &c. There are thousands in whom severe coughing will be brought on by any of these circumstances. At all times when these exciting cames are not present, they may be perfectly free from cough. This description of cough may result somewhat from a slight irreshiller in the throat or lungs, but most usually it is connected with a piethorio confition and a consequent congested state of the lungs. The circulation in the lungs is not as notive as it should be. The difficulty may be easily removed.

STREETLESCS COTOR:

There is mother variety of cough which often occurs in persons who may be bun, and usually are, but who have an influentation or busine about the windpipe and threat. The sound is a smooth one, like that of a trumpet—a whistling cough, or a kind of whooping, which is noticed in a far greater degree in whooping-cough.

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There is one variety of cough which, to the uninitiated, would seem to indicate that there was a vast quantity of matter in the threat and langs, as we seem to hear it gaugle when the patient coughe; yet be never raises any thing, and this cough may continue on him for years. It is produced in parts of the massess membrane of the largest or threat, or some part of the bags; and this valve-like swelling will flap backwards and forwards in the sir-passages, and obstruct the sir, so as to give a sound that indicates the presence of matter or mucus, when nothing of the kind is there. This kind of cough is mostly observed in young persons and children. I have

known it to continue eight or ten years, producing a most painful impression upon the hencers and friends of the patient. This variety of cough is very soon armed, and in a great using personance or leads to consumption; in others, consumption may eventually take place, but may not be produced by this cough. It is, however, most disagreeable and amonion to the sufferior and his friends.

ASTRUMETED POTORS.

The asthuatic, in a great many cases, will cough very little, or none at all, except during the paroxysms of asthus and whilst the secretions following these puroxysms continue; and after the abtack has insted from three to ten days, the cough will go off entirely, and the patient will have none whatever until the recurrence of another attack. The cough is day at first, but as the disease progresses it becomes humid, and at length is attended by reposts expectoration. In some instances where the disease is server, and has continued a long time, the cough may become continuous, or occur daily more or less.

COURSE IN BEOMERITES AND PULMONARY CATABUR.

Where the mucous membrane of the lungs is extensively and shronically affected, the rough is not confined to any time or period, day or night. Possonethus affected will enough whenever the lungs are filled up and cough is required to relieve them. They mostly cough on awaking in the morning, and after clearing the lungs: they may cough more or less all day, and wake up many those in the night and cough, to clear the throat and lungs. They are usually observed to cough, or bear, or scrape the throat on first attempting to speak.

WORM AND STOMACH COTORS.

A short, backing esugh, occasioned by the irritation of worms, or irritating matter in the stomach, is very frequently observed; and this cough is sometimes exceedingly violent—fearfully so, as if the sheet would burst to pieces.

In this kind of cough there is never any expectoration. It may be distinguished from congestive cough by the absence of all flushing of the face, or swelling of the veins of the neck, or wherring, or shortness of leveth on exercise. From asthmatic cough it differs in this, that the subject of it does not cough much more at one time than mother, and has no authmatic peroxysms. By noticing these facts, and considering the other symptoms of worms or dyspepsia, it may be distinguished from any other kinds of cough.

GENERAL REMARKS.

I have thus currently glunted at these varieties of cough; but I never by any great stress upon the cough as giving positive indications of the character of the disease from which it originates. The only certain mode of ascertaining the condition of the chest is by examination, when, to the practiced cur, utmistakable indications of healthy or discused lungs and an passages will at once he presented, and the rough traced directly house to its source. I would here remark, that rough is not a disease of itself, but a mere symptom or result of discase, and always proceeds from some cause back of itself; and yet, when severe, it becomes a source of great injury to the potient, expecially when it is one caused by arritation, and is not excited to expel matter from the windpipe, lungs, or any of the sir-passages, It then becomes a source of injury and debility to the lungs, and, in rangested lange, may often bring on bleeding. It is most desirable, on this recount, that a cough should be stilled and quieted, especially when it proceeds from irritation. It is always a pleasant symptom when we find the cough retiring and the strength of the patient incernding.

In the advanced stages of consumption, a very short time before death, after the patient has become greatly reduced and the large almost destroyed, his cough will often about very much indeed—even step altogether; and the mistake of inexperienced physicians and haping triends will pronounce the patient much better; but the shortness of breath, prostration of strength, and imbility to more or converse without immediate exhaustion, indicate unmistakably to the experienced observer that the patient is no better; but that, on the contrary, he is much werse, and that his sufferings will seen close in death.

EXPECTORATION IN TRUE PULMONARY CONSUMPTION.

In true palmorary consumption, where the lungs become alcorated, we usually solice three principal kinds of matter expectorated; one is the bhilds, sticky, glairy, eatarrhal mucus, which, on being taken up on a stick or a spoon, will extend out in long strings, correlinesto the extent of a toot or more, holding together by its glacy, sticky notary. This matter comes from that portion of the mucous monitoring of the bings or air passages which is in a state of inflammation, and occupied by humor. The other is a kind of matter mixed more or loss with that above described, which has in many cases the appearance of cream, of a whitish or greenish color, and of a sweetish, saltish, or measons taste, asually sinking to the bottom of the dish into which it is expectorated. It is found to consist of the purulent result of alcoration, mingled with taborculous matter in a greater or less degree dissolved. It is a great mistake, however, to suppose that it is necessary to have a cavity in the hage in order to have per present there; for the inneous membrane, in some states of inflammation, though it is neither broken or ulcerated, may pour out pas. This is the case in thousands of persons who have esturth upon the lungs. There will at times be a secretion of true pus upon the surface of the nursus membrane in these cases. Of course, where there are ulcerous cavities, there will be secreted more of this erram-like, heavy matter, than when it proceeds from the inflamed mneous surface. I would remark, that frequently the discharge of this paralest matter is greatest in the morning, when on clamging position in rising from hed there occurs a fit of coughing. The third rariety of matter which consemptives often expectorate, usually through the day, is a frothy, watery substance; there is leadly ney thing of it but water. It is secreted in the nuncous membrane of the large, which is in a state of irritation, and resembles greatly the water which drops from the nose, when exposed to a cold, in sersons bedied to exturb. In some consumptives, it is very serid and scabling to the throot, inducing great irritation and a burning sensation in the lungs and throat. In other cases it is not sorid, being searcely more than simple water, as mild as the tears.

EXPERIORATION THAT OFFICE PRINCIPLES THERE PELMONARY CONSCINUTION.

Persons troubled with extarrh about the thront or in the langu, attended, as it often is in these cases, by amoying beaming and scraping of the throat, will frequently imagine they feel a movement. of something in the throat, as though a small mass of mucos were sticking there and moving up and down. This is most frequently felt in the moning instediately after riding from bed, when the mtion im usually a fit of coughing, accompanied by forcible but mavailing efforts to raise the palegm. But it may occur at say time during the day, and in many instances more times a day. It were to the person thus afflicted, that there is a considerable mass of matter in the threat, but that it is stuck fast-so firmly adherent that no efforts can dislodge it. After severe coughing and much effort, a small quantity of phlogm is raised to the mouth, and then there is another struggle to get rid of it, as it sticks portinacionly to the tengue, the roof of the mouth, and the lips. When finally ejected, it is found to be a small mass—not usually in any case more than a small teaspoonful—in some cases of semi-transparent, sticky, tenseious matter, of a bluish-white color, and in others a thick, impid this), like the white of an egg, as element transparent arisingless.

When persons are not predisposed to consumption, this experiention is of her little consequence, and little danger is indicated by its presence; but if predisposed to consumption, this slight secretion may go on increasing and large quantities are expectorated, ough fully established, and commutation confirmed. I should never advise may one to allow its continuance, but to take measures to correct and remove its came; for whatever the cause may be, the longs and airpassages cannot be in a perfectly healthy state. There are no such ticious secretions whatever unless there is discuss of some kind. The matter which is thrown out from bealthy large, posses out in the form of vapor, along with the sir we breaths, and sloes not obstruct any part of the air-passages.

PROVIDAB SUBSTANCES SCORETIMES EXPROYOGAYED.

We frequently observe in the spata expectorated by consumptives, pieces of lard matter; sometimes as hard as bone apparently, at others about the consistency of hard cheese. Sometimes these particles are very solutte, and being usingled with the spake, creany spans, can hardly be distinguished; at others they are seen as large as grains of wheat, and even larger sometimes. These little particles of hard matter are raised and detected in the month almost or entirely free from pilegan or other spats, when they are perhaps taken in the fragers and found to be small granules, round and smooth, appearing like bits of polished ivery, if very hard—and if softer, like pieces of white choose that have been rolled smooth in the frages, When this phenomenon occurs, it should give the alarm. These granulations are tolereles, more or less in a state of softening, which have become detached from their place of deposit in the large, and ejected. They indicate that the patient has the cosmospative holds, or eliablesis, as it is called—if not already in consumption. No time should be lost in taking measures to arrest the disease.

In some instances we observe, in the uniter experiented from the lungs, particles of a peculiar gritty substance, having all the appearance of, and which are in fact, chally concretions. As I have before remarked, these chalk deposits in the lungs are most frequently found in those cases where there is, or has been, a rheumatic tendency in the system, and observate cosmouption is developed. In it thought by some, and it may be true, that tubercles associates become converted into chalk, and are then detached, finding their way into the breachi, and are thus expelled. If this is so, it is undoubtedly one of the modes by which consumption may be cured—the inherentous deposits pussing into this cludky state, instead of softening and breaking down in a condition of alternation.

It amerimes, although very rarely, occurs, that living worms are developed in the large. I do not here refer to the more common occurrence of a peculiar fermation in the pulmonary organs of what are known as hydrotists, or voicular norms. These are of a very low grade of usinal life, hardly worthy the name, being as it were only a species of slightly assumed cyate, or jelly-like bags. But the worms I allude to have a perfect organization, and a high degree of life. I have myself known only our case in which these worms made their appearance. They were expectorated with the sputa for a considerable time before the close of life, and were found in considerable numbers in the lungs after death. The case did not otherwise present any remarkable features, being true hereditary tubercular con-

emption, attended from its Legisting to its close by the ordinary symptoms and circumstances.

DOES MATTER EXPECTORATED THESE THE LETTER, WHERE STREET IN WATER, ALWAYS INDICATE THAT THE LETTER AND ARE CLUMPATED?

It is a common impression that any matter expecterated from the laws by coursing, which sinks in water, must be of the onture of pur; and then assuming that pseudent discharges occur only where there is obseration, and that none but the purifical discharges. from the lungs are hearier than water, the conclusion is reached that such synus always indicate ulcoration in the lungs. Now, both the revenies and the conclusion are cerencoas. It is not true that none but poreflor discharges from the lungs here a greater density than water. We often find the purely mucous secretions denser and heavier than water. Even the mnone discharged from the nose will often quickly sink in water. This is frequently true also of the secretions that take piece in pulmonary estarth, particularly where the disease has been long established, and where the secretions fie for some time in the lungs, as they often do before they are expectomied. The simple fact, therefore, that matter thrown off from the lungs is heavier than water, unless there are present other symptoms pointing to tuberculation and ofceration, furnishes no ground for serious alarm. Still it is true that pus does sink in water, and that the product of alcoration in the lungs has generally this character.

I will not, however, dwell any larger upon the subject of the matter expectanted, or the varieties of cough; neither of them afford
conclusive peed of the presence of true consumption. When joined
to other symptoms—such as fever, pain, prostration, short breath,
night-sweats, raising blood, &c.—they may be subly set down as
indicative that the patient is communities; but whenever may be
their character when occurring in those who are in their nend
strength, who do not suffer from short breathing, who experience no
fever, no night-sweats, &c., and who are not predisposed in any manner to consumption, we may almost afely hope that the terrible discase is not upon the large. At my rate, under those circumstances,
the disease from which they originate is usually very promptly and
readily combbs.

CHAPTER XXL

CONSUMPTION IN CHILDREN.

Thru tubercalar consumption and broachial tubercular consumption are occasionally seen in children, and frequently those of the most tender age. They may be produced by any of the causes I have before mentioned as inclining or inducing pulmonary consumption. I once knew a child at the age of seven months, attacked by congestive consumption, communcing with bleeding from the lungs, produced by the sudden sure of salt-channs upon the face, without at the same time opening the system and parifying the blood of its prisons. Hence it settled on the lungs, and true communition supervened, passing through all its stages, and the child died in its mother's arms, a victim to improper medical treatment.

Measles, whooping-cough, and all this class of diseases, when imperfectly treated, often leave, their restiges upon the langs, and result in true tubercular broughial consumption; I have witnessed many of these cases; but in some instances it will commence without apparently any special rame. The child may be in delicate health from any cause, and, by improper treatment, be thrown at once into palmentry consumption. What I have said about improper medical treatment in while, as often producing consumption, applies with tenfold force to the condition of children. The exceeding delicust of their tissues, the laxity of their fibres, the want of density in their muscles us evinced by the softness of the fleshy parts, and the very rapid summintion to which they may be subjected, indicate to ne most closely that hard medicines, severe treatment, and especially mineral medicines, should never be exhibited. Their nervous impressibility and smelliftity are also very great, and hence they are expable of the most neate. anguish and suffering, from causes that would but little effect the adult. A blister upon the person of a child inflicts ten times the relative suffering that it would upon the adult. I must confess that in calling to mind the tortures to which I have seen children subjected by the use of larsh and cruef remedies, the sad remembraness fill me with secrowful indignation. Could I influence physicians, I would implore them never to inflict upon a child any thing but the gentlest medicines. I cannot better illustrate this subject than by introducing a few cases within my recollection.

Case First.

During December, 1846, in this city, I was called upon by a very respectable medical man, who requested me to visit his only sen, a fine little box six years of age, who had been sick about three modes, He had been attended by two respectable physicians, who had prenonred his disease remittent fever. It had commenced very obsourcer. He had drooped, lost his appetite, the eyes led become dell and almost expressionless, his flesh and strength had rapidly declined, and he had a slight harking cough, with occasionally a chilly sensation followed by slight fever. The physician, pronouncing it remittent fever, had advised remelies employed with such an hypothesis, as galaine, externel, &c.; and these were persisted in for a long time, assisted by various medicines, fover-powders, and others of that class. This treatment did not check the disease. The child's larger might have been somewhat tuberculated at the commencement of the treatment; if so, these remedies rapidly augmented the disease, and he grew worse and wrese. When I was called to visit him, he was in the last stages of tree inhercular consumption. I need not attempt to describe the enflerings of his parents, or dwell upon his early death. A different treatment, I have no doubt, would have saved his life. Mercury, in my form, is fatal to delicate children.

Case Second.

In the winter of 1810-51, I was called to Brooklyn to see a little girl of seven years of age—an only daughter. Her father, the master of a packetship, was at the time absent in Europe. She had been taken if some weeks before with a slight cold—inclined to be feverish, with loss of appetite, dec, and a little obscure cough. The family physician was called in. He was a respectable, middle-aged, obleschool practitioner, of good standing among the first families of Brooklyn. After examining her case carefully, he pronomical it to be womes; and for their expulsion recommended the exhibition of a large dose of spirits of turnstaine, best up and disguised with the yelk of an egg. This horrible dose the mothor gave her durling child. She had previously asked the physician if it would do any harm. "Oh no," and he; "anyhody may take spirits of terpentine if it is only beat up with the york of eggs, to prevent its irritating effects." The consequences were what might easily have been anticipated. The amount of turpentise gives to the child, if suplied to the threat and breast, would have blistered them all over; and although the internal surfaces were sheltered, in some degree, by mucous secretions, they foled to save them from the barning torpentine. The whole internal surfaces were literally burnt to-scorched as if a hot iron had been drawn over them. Almost an atter suppression of arine also followed; the child sourcely passed a drop of water for whele weeks. The tongue, all but erisped, was sourcely larger than the little finger, and red as a piece of beef. The threat was so descaled of its mucous manifeme and so contracted, that the voice became a mere squeaking treble, and the whole internal surface of the larger was in the same condition. She had a dry backing cough, but no expecteration. The air-justages were greatly shranken, and the macous membrane dried up. Throughout every part of the langs, whichling and squeaking were beard as the air possed over the burnt. surfaces. The howels were slow, and the whole surface of the body, with the limbs, hands, face, and feet, were dry and strivelled-feeling like sand-paper to the touch. Such was the situation of this poor little sufferer when I was called to see her. Could the physician have abandoned her after his first dose. Nature might possibly have referred her; but hand medicines were still given for her coughsquills and severe disreties. Those only served to perpetuate the grad mischief that the impentine had so dreadfully commerced. I apprehended that the cure of the shild was impossible. Still I was anxious to preserve her life until her futher's return. With the most soothing medicines and gentle dounforms, the blandest and gearlost dist, she slowly rallied, and the kidneys resumed in some degree their wonted office. She lived to see her fither, but died in the July following of diseased lungs.

Case Third

To illustrate this subject still farther, I will give another case, as stated to me in a letter written by the mother of the child referred to—a lady of intelligence, and belonging to one of the most distinguished families in our country. I could not add any thing to the force of this sai narrative:

"A-, near M-, Kr., June 55th, 1855.

" Dr. S. S. Frience

"Dear Sir,-Upon reading your Six Lectures on the uses of the lungs, I have determined to write to you respecting the condition of my little con. We reside in N--- in the winter, and return to K-y is the summer. My little son was taken with a slow fever the third day of last January in N-, Our family physician was called in, and administered medicine. He did not regard the dear fittle fellow as very sick; but his fever and loss of appetite continuing from day to day for two weeks, alarmed me, and Dr. S- was called in to consult with Dr. B-..... He approved of his course of trestment (principally calouse) and quinine), just calling it an obetimie lingering forer. On the 24th of January, he was taken with hemorrhage of the bowels. Dr. R-was then colled in connitation with Dr. fi -- and Dr. S--, and his life was despaired of for four days and nights, during which time the hemorrhage lasted. Then they pronounced it the fever typhoid. After checking the homorrhage, they did not expect a return of the fever; but the fifth day it returned—the paise 120 to the minute; still they examined his large and said they could discover no came for the fever. They continued to endeavor to break the fever until the last of February; then they could trying. Very little of his strength had returned, and a slight eleaning of his throat had commenced, which gradually increased to a tacking cough. They told us we must take a senvoyage: they could do nothing more for him. We sent for Dr. W-, the assentator, to examine his lungs; and he teld as if we wished the body of our child, never to take a sen-voyage-that his langs were so far gone that he would not five but a few weeks. (He had not expectorated one particle at this time.) Neither Mr. M .- ner myself knew my thing of this disease, so we employed a homocopathic physician one much. Still the child gradually grew

worse, his fever as high, and his cough very hard and dry. We wished to change the air we were in, and it was too early to come to K-, so we went seventy miles in the Pine Woods, on the Jackson milroud. We went out in March, The child was very feeble, and only weighed thirty-three peemls, and he is in his eighth year; he was not able to walk. Under the treatment of Dr. T-, the physician there, he great rather letter. He communed expectorating the 4th day we went out; and Dr. T- could not believe his lungs as seriously affected, but thought the disease was confined tothe brouchial takes. He relieved his throat, and he gained some three pounds in flesh, but his expectoration had changed from the white phlagm to yellow matter; his enough was no better, his nights became rectless, and night-sweats and chills commenced. We remained there six weeks, then I started to Ko-, not thinking my child would live to reach L .--- ; but during the trip up he suffered exceedingly. We were then applying a liminent and alcohol to his breast, and giving him cod-liver oil and wine. When we reached L-, Dr. R- and Dr. P- ecunised him, and told me there were enrities on his left lung, and the whole of it was thoroughly diseased, left that his right long was sound, and that they could do nothing for him. He could not sleep at night, his respiration very harried, his pulse 140 to the minute, some three or four chilly souss tions a day, an entire loss of appetite, most profise night-sweam even when he fell refeep in the day, cold feet and knees, and a most dreadful cough, expectorating a large quantity of matter, and picking his nose constantly I that was the condition when we reached house, and first very much swollen. So soon as I reached here, I asked our physician, Dr. R-, to allow me to per a bandage on our little son, wrung out of locurater, but he said he was too low to experiment with, and they all said I might look for his death any day. So I determined I would put it an without his permission. I did so on the 15th of May, and he appeared to be better from the very day, and, antil the last week, I had great hopes of his recovery. He has not had a night-sweat for some weeks. He now coughs very little, and expectorates none, and has not had a chill for some two weeks He gained a little firsh and strength until the last week. He now complains of sovere pain in the right side of his head. (He does not pick his nose as much as he did.) The glands of his throat around his enr on the outside are swollen, and he is much weaker than he

was two weeks sines. His fover is still the same, and very hot skin at times; but he now sleeps quietly all night, lying either on his right or left side, or back; his feet do not swell so much as they did. There is no hereditary consumption in our families. Our dear little son less neaves been roberet, but never sickly-just had a detecte appearance, and has always been remarkable for his exceeding beinty, and regarded by every one as very precious. Were he now able for me to undertake the trip, I would not heritate use moment about starting to place him under your carse; but he suffers so much with his head, and appears to have lost so much strongth in the last week, that I fear to start. Since I have your lectures, I have procured one of your inhaling takes, but I cannot teach him to me it; still I try to make him draw long breaths as often as I can through the day, for his requiration is very burried. I have just kept his chest and luck corcered with a wet lines cloth, wet three times a day with ice-water, for about six weeks. I have a cotton-cloth, fixed with silk off-cloth, to place over the wet linen one; and I have still given the reddiver oil and iron, and as much old brandy or whiskey as we could induce him to take:-that has been my treatment since reaching home. Provious to his being taken sick, he was generally bathed daily in cold water. We have but two children, Dr. Fitels (having hot one this winter, which I will over feel was by the mismanagement of our physicisms), so, if you are a father, you can reality and assumed our maxisty as parents respecting the recovery of our precious child. If you can venture to recommend at this distance a course of presument, just have written directions sout me, and the medicine forwarded by min or Alams' Express, and your hill with them, and the amount will be immediately inclosed to you. The fever now is the principal thing to combat with, and the pain in the heat (which I fear is as inward rising); and - wen as he is able to bear the journey, if you think there is any ground for hope, we will carry him on to New York. If you will send my package to the office of L- & W-, No. - S. W. street, they will forward it immediately, for they are Kentuckings and old friends. Phrase answer me immediately, for I skel there is no time to be lost. He rides out twice every day that he is able to bear the fitigue. Mr. W, who is in New York, can give you my information you desire with regard to the health of Mr. M .- 's family and my own. Let me beg of you so give this letter your earliest attention. Most respectfully, J. L. M.

Case Fourth.

"Himmown, N. J., September 20, 1855.

"Dr. S. S. From:

"Bear Sa,-I have long wished to have you give to the world an account of the sickness of my child, and her almost subsculous cure by the use of your remedies. In August, 1850, my little girl, Rachel Cooper, aged five years, was taken with whooping-cough. This continued on her until winner, and all the following winter she had a but cough. In March the took a violent cold, followed by inflammation of her large, with fover, a dreadful cough, &c., mixing a great deal of thick, heavy matter. She became emissioned to the list degree; nothing left of his sourcely but her skin and hones. She had dreadful cold swears; so that wherever I hid her, do would leave the print of her form in water, so profess were the sweats. Her left fung or ribs did not move at all; little appetite; a more almost translucent skeleton. The dictors who attended said a recovery was hapeless-interly hopeless. For eight weeks she slowly senk to the very verge of the grave. I then applied to you, received your remedies, and faithfully used them, and with the fullest success. By their means, and no other, was she restored to perfect health; and she is now perfectly well, and well-grown for her age. Your remedies served not only to core her and raise her up to health and strength, but to remove all traces of disease from her system.

"Mns. Coorus,"

Case Fifth,

In February, 1810, a lady of Beroklyn called to consult me about her little daughter, nine years of age. She, is conseen with thousands of children, was the subject of a winter cough, apparently bunid, but still with no expectoration of any consequence. Dully, in all weather, she attended whood. Her cough increased conservar, and the family physician was called in. He advised that the child should be kept from school, be confined entirely within doors, and not even allowed to go in the yard to play, or take any fresh air whatever. Previously she had gone out as much as do phased, but was warmly clothed. Besides being confined within doors, she had cough medicines prepared for her, and was dieted very rigidly. These cough modicines were usually of a reducing character—such as equils, antimory, opins, &c. Under this treatment her strength rapidly failed, and her cough growth increased.

Another physician was called in to counsel with the first; and after a few weeks they both pronounced the case one of true toher-cular consemption, adding that she would not recover. The second physician called a few days afterward at the home of the fittle patient's neut, and, being questioned, said that the child could not live, that medicine was entirely manualling in her case, that it was no use at all to doctor her. The most called immediately to see the mother, and told her all that the doctor had said, concluding with the question, "What are you going to do about it?" "What can I do about it?" said the mother. "There is one thing that I will do: I will out on Dr. S. S. Frech, of Brondway, N. Y."

The father at this time was perfectly incomolable. He looked agen his little daughter as already dead. The mother did not despair, but retained her furtified and resolution to do what could be done to save her child. She called on me and stated the case, and I prepared such remedies as I thought the emergency required. I also directed that the child should be kept from school, and bathed every day in tepid water; that generous nourishing diet, estable for children, should be adopted; that each morning a small bowl of sage great should be given, well sweetened with bind-sugar; a little dry toost was also recommended; but I consolled that coffee should be avoided; and for her dimens sul-suppers I advised her usual food. She was also rejoined to resume her specting and playing in the yould in all agreeable weather, and to go out with her mother riding and shopping whenever she pleased.

In a very short time the mother brought the child to see ms. Her recovery was very rapid; and in two menths a healthlor and more resyschecked little girl could hardly be found in Brooklyn.

Case Sirth.

In the winter of (88), a gentleman and hely called upon me. He was a young German importer, and a very highly intelligent man. They were both young; and on his arms, supported by a pillow, remed bit only child, sixteen months old, and as beautiful a bey as my I

rive size. Yet he was apparently in the last hours of life—his face had the blue, pullid has of the dead. Languidly be opened his eyes, but had hardly strought to speak or group. In after despoir they had brought him to me, having been told that I never visited the sick out of my house, which, however, was not correct.

This shild had suffered from a had cold and inflammation of its large; and the treatment had been of the common order—notices ting, reducing, and prostrating. I could give little or no hope of relief; but at once prepared medicine for the occasion, and told the father that he might return it next day, as in all probability his little son would then not be living. I have nothing more of them for fourteen days, when the father returned, saying that his little boy was almost entirely well; that the medicine I gave him caused him soon to revive; that his cough was greatly relieved, his strength and appetite restored, and that they rejoiced in his recovered health. He is still alive—a fine and beautiful child—and in excellent health.

Some time afterwards, upon the father going to Europe, he committed his wife and child to my care, as their medical advisor. The memory of this beautiful boy and his recovery, fill me with a pleasare that I cannot express.

It is a great mistake to suppose that consumptive children emmet be made the subjects of successful medical treatment. Medicines can be prepared as appropriate to all the places of the disease of children, as to those of adults. No medicine should ever be given to adults that cannot be prepared so as to be perfectly suitable for children also; and no medicine should be given to a child that is not perfectly adapted to its condition and its strength. Severe, harsh doses of medicine should never be exhibited to anybody, much less to children.

I have had the satisfaction of treating great numbers of children for coughs, colds, dyspepsia, and almost all the ills that infant "flesh is heir to?" and yet in my own practice I have never lost hat one child, where I was the first physician called. Great numbers of children have been hrought to my losse, or I have been called to see them, when they were apparently dying of consumption—their closts leaded with pldegue, their strength prostrated, their appetite gone, and all the forces of life receding; and yet, in nearly every instance, I have resmeitated them, and brought them back to the enjoyment of health, by God's blessing.

The discusses and sicknesses of children are very soldom at first organic, and they very readily yield to suitable remedies. But if harsh, unsuitable medicinus are given, and improper measures adopted by the parents or physicians, weel to the sufortunate shild. In this city and elsewhere, I consider that the deaths of at least sitesy out of every hundred children are entirely avoidable, and might be obviated by proper remedies at the proper time; that often the cause of death has been improper management or the exhibition of improper food and medicine.

COUGHS OF CRILDREN.

Great numbers of children, in the changeable and cold weather of autums, winter, and spring are liable to take cold and discharge large quantities of maces from the nestrils. Where these discharges are free, it has passed into a proverb that the children are likely to be lealthy. In many other cases, each cobb affect the throat, lungs, and windpipe. The cough sounds very humid, and one would expeet that the child would mise great quantities of amous, when in fact scarcedy any at all is raised. But the rough continues sometimes all winter. This most unquestionably is a hunter upon the lungs—a skin disease affecting the nestrils, lungs, and air passages. Sometimes upon the occasion of colds, the cough becomes very aggravating. In most cases it leaves on the appearance of spring, and returns more or less during the following winter; yet with proper care it will disappear altogether after a few seasons. I have, however, known such a cough to continue in one person until the age of eixteen; but it generally ceases at a much earlier period-anulty from the age of three to eight. Now, is any children afficted by this description of cough, nothing is easier than to produce pulmonary consumption; it is only necessary to place them under those exciting causes which I have dwell so much upon as leading to pulmoney disease; equality to call in a physician who gives hard drugs, and particularly moreurals, or any of the medicines which dry up the secretion of the lungs; of these, quinine is the elief,-iron also, and all todine preparations are included, and so is any thing that reduces the child's strength andaly. If children are sent to

school, severe studies forced upon them, and subjected long to confinement in leasted rooms, have bliniers applied to the clost, and the accustomed food withheld, in nearly every case true consumption will rapidly supervene.

PROPER TREATMENT OF CHILDREN ON THE OCCURRENCE OF COLDS, OR DERING A HARTUAL WINTER COURSE.

It is said that medicine has made some progress within the but hundred years. And this imbeed is true; but I very much doubt whether there has been much improvement in the treatment of shildress's coughs, whilst an enormous amount of injury has been accomplished.

The demestic practice now in vegue for children, was at one period. the universal practice of physicians; and the idea of giving harsh medicines-mercurials, Persylan lack, quinitie, or shutting them up to prevent their pur-loor excurise, or withholding their accustomed food, would have been looked upon as unspeakably ridiculous and improper. My advise in such cases is to give the children mild deunicents, such as faxseed tes, bourhound early, and my of the simple symps prepared from colt's-foot, hearboand, elecampure, comfrey, &c.; beiling the torks to obtain the strength, then exceteding it well with sugar, and allowing the child to druk as much as inelized. Molasses and custor-oil are an admirable remedy. Our tableappenful of custor-oil to a half-pint of molasses, well mixed together, may be taken at pleasure-a teaspoonful ten times a day if desired. but not to move the boxels too much. The chest may be rubbed over with a little georogresse,-the new, as well as the feedard. over the eyes, may be subjected at heltime to a similar treatment. when the nestrils are much obstructed. The child may be spenged. over every day in begid salt and water, of a temperature not sorold by any means as to chill it; and the room should be warm, so that the young patient may not be in may danger of receiving cold. If general bothing is not adopted-and by this I mean ablations—the throat and top of the chest should be bathed freely in topid, esolish, or cold water every day. The child may go out in pleasant weather; but if it is intensely cold, stormy, or windy, the little sufferor is better within doors. The sleeping-room and apartment should always be perfectly comfortable, so that if the hedclockes are thrown off accidentally, chill may not follow and cold stance. By means of this care and treatment, the most delicate child, with the most tember lungs, may be gradually conducted to health and hardihood. Whilst young, children's powers of endurance are taxurally small, and nothing should be imposed upon them by which they can be injured. As their years advance, they should have more exposure. During the hot weather, a residence in the country, especially in cool, mountainous regions, will be found highly salutary. These whose lungs are not unduly delicate, will derive benefit from a few weeks at the seashore. Carriageriding is most excellent for children. Delicate children should never be sent carry to school. Nothing can be more injurious than this. I have sometimes looked upon the conduct of parents in this matter as truly automisting.

It is but a few weeks ago since a bely called on me with her only daughter, a most deficate child of twolve years. Her mother had just discovered that her off-quing's heart was discound. Yet do had kept the child regularly and constantly at school from the age of five years—summer and winter. Her constitution was, of course, now entirely broken and prostrated.

To send children early to school, and confine them several hours there, is in itself a severe task, irrespective of study; but when induce study is superadded, the effect upon city and delicate rillage children, and the children of delicate pureus, as well as indeed all children, may, as a general rule, he considered as tending to impute the mind, supervate the constitution, and unfeeble the health.

CHAPTER XXII.

UNDER-QUINSY SOME THROAY-ACTIVE PLEASESY.

CHOOLP.

It does not enter anto the plan of this work to discuss acute discuses of the lange, class, or ne-passages, yet I cannot feeless noticing one or two, for the benefit of lasth the physician and the general reader, especially as those discusse are so particully carable, and yet, when neglected, are as rapidly first.

At the head of these stands every, The subjects of this discuss are usually children, from lufacts to those of seven or eight years of age. It is rarely observed after the age of treeler. Fleshy children, with short needs, full cheets, and plump figures, and especially children whose parents are consumptive, sepofalons, or asthmatic, are extremely liable to attacks of crosp. I have known many families where nearly all the children have died with croup. It seems in many cases pseulinely fitted. It arises from taking cold, and is most met to soon in the wet and changeable periods of the year. City children going to the country, where they are exposed to cold airor wer, will often become subjects of crossy. It is most spt to occur in damp, wet weather, during the providence of casterly winds. At these periods, and especially in spring, children are apt to be tompted. into the gardens or fields, while the sun shines mildly igen them, and the young blosoms are putting forth, and the tender grow is spending its green montle over the earth ;-the young child, going forth full of life to enjoy these exquisite pleasures of sense, is often struck by the cold damp wind, and its chest seems pierosd as with dampers, This is particularly the case when not protected by a full amount of clothing. The apparent warmth of the day will often induce carelearness in respect to dress.

In many cases, rhildren whose health has been carefully preserved a whole winter in warm pleasant rooms, will be taken into the screet 222 00076

on some piecessat versai day, and there he overtakes by cold wirds as maden charges of weather, and be immediately attacked with this disease. Sometimes, in later spring, they will visit the fields, and there six down upon the damp ground, unconscious of the enemy that help beneath. In fact, every description of exposure to charges, particularly from heat to cold, without entable protection, may be followed by attacks of crosp.

SEAT OF THE BUSINESS.

The sent of this disease is the throat and windpipe, about the yould organs, and finally extending through all the air-possages to the large themselves. It commences with hourseness, is followed by a shrill musical cough, as though the child were coughing through a beautabe, great difficulty of breathing, speaking almost impossible, and shormess of breath; the face becomes flushed, the eyes almost bloodshot, an expression of great anxiety mon the face, the first are cold, and the skin at first apt to be so. These symptoms, in a great many cases, rapidly augment and increase. Often, in a very few minutes, the child will be almost sufficiented, and, if able to explain, he senstines will say that his threat is fall of cobwells and strings, and that he cannot breathe on account of them. The internal lining membrane of the larvax or windpipe, and overing of the soul or. gues, is rapidly thickened, so as to close up the throat in a most showing master. The conservative powers of nature are promptly brought in requisition to relieve the engorgement of the muccus membrane I have before montioned, by secretions of matter; but the serotions at first are nimest dry, and the matter is exaded in a membesteens form, so as to line the windpipe and nir-passages, which is frequently coughed up in the form of bollow tubes; or pieces of this secretion will come off apparently in the form or would of the tracker and laryus,

In these cases there is exceled from the inflamed manuferant linking the threat, a fibrinous fluid, which immediately hardens into what has the appearance of premined membrane, which affects more or less firmly to the sides of the airtubes. This excelation takes place rapidly, and, unless prevented or arrested, very quickly often fills up the windpips, and constitues the larger broadle, and the patient dies from these sufficience. When the discuss has proceeded so far as to the formation of this membrane, it is exceedingly dangerous, and most obstinate to cure. But if prompt and efficient measures are resorted to before this stage is reached, it is not very difficult to arrest the disease and prevent the formation of the membrane. I am aware that, in many cases, this croup comes on sublenly, and that before the parent knows there is danger, the child is struggling in its grasp. But if the shift subject to the crosp is closely watched, as it. always should be, there will almost always be some indication of the approach of the disease in time to ward off the fatal attack. There will be cough, more or loss, a little corenous of the throat, or some symptom of cold or disturbance. When any sign, even the slightest, makes its appearance, the alarm should be instantly taken, and the most energetic means instantly adopted to ward off the attack from the throat. Even after there are distinct symptoms that the membrane of the throat is inflamed, if proper treatment is immediately employed, the formation of the mambrane may be prevented, as the engarged surrous surfaces may be relieved without forcing out this montempous exadation. Having never lost a patient in my life by cross when called in season, I fully believe that the fittal cases sooften occurring are the result of neglect or improper treatment, and very frequently of both. The physician is aften called too late, and the treatment is often inefficient when he is called. All parents, grantime, and norses, having under their care croupy children, should be thoroughly another of the treatment of this discuss. This is more especially necessary, as often a short delay may be fand. The time required to send even a short distance, may be the period when relief. could be immediately administered with perfect success, if the parents or turses are auquainted with the nature of the discore, the remedies. required, and their proper employment.

Croup is very apt to take place in the night; and those having under their care crompy children, should always have the remedies prepared, so as to be brought into use upon the first symptoms of the discusse; and in this way the most violent attacks may often be relieved in half an hour, and entirely cured in one day.

To illustrate what I have to say, I will give one case, and the manner of its treatment. The subject was a little key about six years of age, who was subject to a winter cough, and was liable, upon any exposure, to attacks of crosp. At four o'clock in the morning, the follow arose and observed that his little boy, sleeping in the same 194 cuorp.

room, was indisposed. On anakering him, it was found that he could not speak—that he was almost sufficiented, so rapidly had been the closing of his threat. It was a case for immediate relief or immediate death. The course paramed was as follows:

His throat was immediately gargled with a little entropeea, so as partially to clear it, and externally it was thoroughly subled with a liniment—made of gross-oil, and hartshorn or own mutuonis—so as to produce invitation and reduces upon the surface. While this was doing, a positive was prepared from flaceed most, gross-oil, and a very little owns consecute or hartshorn, and applied but to the threat, extending to both wars under the chin, and down the whole threat to the chest, extering it, and tightly bound on. A simple dose of enter-oil was given at the same time, drafts of this flaceed positive were applied to the feet, and the child was had down and envered up warmly in bed. The whole of this was but the work of a few minutes, as every thing was in readiness for such an attack.

In twenty minutes the child was refleved, and at nine o'clock of the same morning he are breakfast with the other children, and was only confined to his bedroom during the next twenty-four hours,

A simple plaster of Burgundy-pitch, sprinkled over with a little postdered complete and gam-game, was placed between his shootders, and more there for a transfer of days. A perfect cure unceeded, without buring any ampleasant traces upon the improvatepassages. Had this child been neglected even for one hour, his life would have been in immissent danger.

There is nothing which calls forth my sympathics more than to bear of the death of children by enemy, when I know the discuss is so perfectly comble.

Compy children during the changeable seasons of the year, should wear a plaster of Burgurdy-pitch between the shoulders. It may be four inches long and two inches wide. On such a planer, a few grains of complex—say five grains—three grains of opiner, and five grains of powdered game-games, all in five powder, may be sprinkled evenly over it before it is applied to the child's back. This plaster cannot by my possibility do any harm, and to crossly children it is almost a perfect hypercoover. In some cases it may be rather too stimulating, and the complex and graine may be omitted. It meet usually will produce a little itching and slight reduces; but not most

to break the skin in any may, and will prove a constant source of protection to the groupy image and simpassages.

A great many other remedies may be used. My palmonary linkment is almost a perfect curative, freely rubbed on the throat and top of the sheet. A little Scotch seaff sprinkled on a tailowedrag, and laid ever the throat and top of the chest, is excellent. My cough medicines are also very useful, given but so as to come comeing. The course I mentioned as taken with the little boy, is the true and very best one. Cold-water bandages and hot-water bundages to the throat and chest have often teen successfully employed.

In cases where flaxwed-meal carnot be obtained, bread, Indianmeal, or carnot positives may be applied, but, to the client and threat, boring mixed with them a little good-oil or lamp-oil, and aqua ammonia. Oftentimes a plaster with a little Scotch souff will relieve the patient. Powdered alignery-size back makes an excellent poultice in these cases.

An entirest physician in Philadelphia, Dr. Nathaniel Chapman long and well known them, and I might say everywhere—used to solvine patting a cigar in a tumbler of water, and, after a few moments, commencing by giving the patient a temporadul at a time, satil sickness and comiting were produced. He also advised unfolding the cigar, and spreading the sext leaf upon the upper part of the chest.

A little syrup of iperae, lobelia, or bloodroot, given as as to exerce womiting, will very often promptly relieve the child.

Whatever is done, should be done quickly and boidly, yet for my part I peeke the pentition I have indicated. External applications, and giving the child custor-oil, oftentimes a tablespoonful of cod-liver oil or common fish-oil, will at once relieve the patient; but the child should never be abandoned or given up, even if the discuss has continued hours, or even shys, for by proper and judicious management eroup easy be cured at almost any stage. Duafts upon the feet are truly invaluable, and should never be omitted. Unideen should not be exhausted by excessive contitue, parging, or blistering. Simple irritation is far better than bilinering. The room should be kept warm, and cold damp air should be most carefully avoided. The diet should be simple sugo or tapices gruel.

Let me and, that I hope every powert, grandism, or physician, who resids this article, may remember it, and adopt its directions whenever called for. I will close the subject by giving one more instance, for the benefit of those whose faith in the ourskillty of crosp needs strengthening.

Some years ago a gentleman of Portsmouth, N. H., went to the post-office about eleven o'clock in the morning, and remarked to the clerk in the office that nothing but the importance of the letter could have induced him to have left his bouse, as his little son was dying with the croup, and that two physicians had given him up, soying that he could not live longer than till four o'clock of that day. The clerk immediately gave him a bottle of my pulmonary liminent, such as I apply to the chest in all cases of pain or oppression of the langs or air-passages. He said to him: "Take this bottle of liniment, carry it home, place the little boy on your knee before the fire, and rub this freely on his throat until he is relieved." The father did as the clerk directed, and as four o'clock of that same day the little boy, instead of being dead, was playing around the room.

I would particularly advise the use of this pulmousry liniment as most valuable and reliable for the relief of croup. The formula for it will be found in the second volume of this work.

QUINSY SORE THROAT.

This is a discuse to which many consumptive people, as well as others, are fiable, especially in early life. Many persons in early life are subjects of quincy, who in other life become the subjects of ormsumptive diseases. Quinsy sore throat is most upt to attack persons between the ages of sixtem and treaty-five; it more rarely occurs after the age of thirty, and rarely before the age of twelve. It arises from nearly the same causes as aroup-from exposure to cold, suppressed perspiration, &c. And its proper treatment is, in many respects, very similar: counter-irritants, but positives to the threat, and material, promptly administered, will usually rapidly relieve the disease. Putting the feet in bet water is a most admirable remedy in pleurisy, in erosp, and in quincy ;-the water may be reade stimulating by the addition of mustard or pepper, and the fort may be continued in it for a half an hour-repeatedly adding hot water until the feet and legs are excessively heated and perspiration induced over the whole body. Hat boiled pointors, masked, just in a hag

and placed around the throat in cases of quinty, is a most efficient rensedy. This may be applied at bed-time, and will keep the parts hot and perspiring all night. Very often, under this treatment, where the attacks are not very severe, the patient will find himself entirely well in the course of twelve or twenty-four hours. In quinty, after the disease is arrested, the neck, throat, and top of the closet should be hathed thoroughly in cold or tepid water every day. By this means the habit or liability to quinty will seen disappear.

PLEURISY.

In a former part of this book I have spoken of chronic plearity and plearitic consumption, but new I propose to say a few words on assate plearity and its treatment.

This discuss is most apt to occur in persons of delicate constitutions and those who have weak classes. Many asthunities, and even persons in consumption, when exposed to cold east winds or currouts of air, after being in a perspiration, will be suddenly attacked with acute pain in the side—most usually in the right side, but often in the left.

You will remember that the plears is a membrane that lines the inside of the ribs and the ontside of the lungs. The first symptom of this disease is an acute pain, which rapidly spreads over the side and usually along the ends of the short ribs, extending appeards to the arm-pits, to the shoulder-blades, and to the back of the side affected. On attempting a full long tesuth, the patient finds it impossible from the excessive pain it produces-it seems anddesly cut off by the sharpness of this pain-the expansion of the chest being imposible. Ferry soon ensues, the pulse becomes excited, a short backing cough takes place, but is rendered almost impossible from the exerneisting pain it causes. The lung of that side soon becomes affected, and, as the disease advances, an officion of water or serum will take place into the plears of the affected wife, and the lung itself will become involved. The extensive information may finally, and often does in many subjects, induce passmonia, followed by college: and death. Now, this disease is perfectly curable is its early stages; only a very few hours will suffice to cure almost any case of plearity, if the treatment be prompt and in season.

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TREATMENT OF ACUTE PLECKERY.

In persons perfectly releast and of full babit, especially if the discase has only continued for some hours, bleeding from the arm marbe allowed to the extent of eight or ten ounces; but in uged or deliente persons, general blood-ketting should be avoided-in place of which there or four leeches may be applied to the affected part, and often with much benefit. Wet or dry cupping may be used, and in a vast many cases blood-letting need not be employed at all-it being unnecessary. My treatment in this disease is very simple. I direct the past affected to be rubbed with a little liniment, and I know of none coral to my pulmonary liniment; it is the most valuable compound I have ever known in the treatment of acute picurisy. In the absence of this, bartshorn and sweet oil, or a strong tineture of rol pepper mixed with hashamm-say a wineglossful of landausm and half a past of the strong decection of red popper. It may be applied hot to the side, and over this cloths dipped is bot water mivbe hid, and repeatedly changed, until the pain is subshed.

In a great many cases, mustard-poultion applied to the part until the skin is reddened, but not blistered, and then followed by the spplication of cloths dipped in hot water, will be found to be all that is nocessary to break up the pain. The patient should at the same time take castor-oil, or rhubarb and magnosia, or some active physic, which will seen move the bowels, and in this way relieve the system. Very little other medicine will be required. If there is much cough, the patient may take tiseture of ipeeas, bloodroot, or labelia, or my palmentry expectorint, antil some names, and even slight vomiting, are produced. The first and logs should be kept in very hot water thirty minutes. The diet should be unirritating and very light until the disease is broken up. This practice, commenced early in the disease and persenced in, will amally relieve the patient in the course of a few hours. Poultiess of powdered simperwelm, flaxseed, or Indimensal, or any other convenient material, may be applied to the ede, mixed with a little hartshorn or hudarum. Sometimes but helled potatoes may be wrapped in a long and applied to the side with great benefit; or a bug of hot outs, moistened with water or vinegar. These various remedies, one or all, or any that may be convenient, will usually be found perfectly effectual. They

do not contemplate the reduction of the patient's strength; and in all probability he will noon be about his usual occupation, without experiencing much prostration or being much enfeebled by the attack.

After the plearier has ceased and the patient resumes his usual leadth, he should constantly expand his large, so that no contraction of the chest may result from the attack. On the subsidence of the nente symptoms, the side should be bathed daily in cold water, and the remedies continued till every vestige of the disease be removed. Shoulder-braces may be worn for a time with much benefit, until the whole side is restored to perfect health, strength, and symmetry. From half-cured and neglected pleaning, result a great many cases of pulmonary consumption.

CHAPTER XXIII.

ON THE TREATMENT OF INVALUES—HYGICING, MICHANICAL, AND MEDICINAL

ON THE REPARATION OF CONCENTIVES—VENTILATION AND CHAN-LINES—CONSUMPTION MAY BE PROPAGATED—WHOOPING-COURT BANGEBOUR.

Persons who are in consumption, or who are inclined to primemay discuse, should be discouraged from any very intimate association with other persons. If closely in relation with other consumptives, there will be a mutual aggregation of the condition of each; if with the bealthy, the latter will be liable to suffer to a greater or less extent from the contact. Consumption easnet, to be sure, be said to be contagious, in the strict sense of that word. Still, the pai sources emmations from discused lings, home out on the breath of the consumptive, and probably the unhealthy exhalations from the person, if constantly received into the lungs of a healthy person for a length of time; may and will corrupt the blood, and in some cases incline to palmonary disease. Many times I have seen consamption propagated in this way. Whole it is thus evident that it is hazardous for the healthy to take the breath, and be much in contact with the persons of these to communition, still greater board of such association between two consumptives is still more evident; where each contributes to pollute the air about them, and where each communicates to the other the poison generated in their discused large and bodies. The consumptive should always therefore sleep alone in a well-rentiated room; and, if it can be avoided, should not inhabit even the same home with another rensamptive. He should never allow the air in his own room, either night or day, to become "close" or "stiffed," or loaded with the exhalations of even his own hreath.

For these reasons I have always resisted, most stremeonly, the suggestion, frequestly made by my friends, in regard to establishing

a "Consumption Hospital." Such an institution would be no real charity to the invalid. The mere gathering together under one roof of a company of persons with diseased lungs, would ineritably place them in circumstances where the obstacles in the way of cure would be increased, whatever increased facilities for medical treatment and attendance might be affected. I think the true path of charity towards consumptives lies in the direction of spreading knowledge among the people in regard to the true insture of communition, the proper treatment, both medical and loggienic, to be adopted, the necounty that exists for elegalizess, exercise out-doors, five ventilation indoors, and aiming to render invalids as comfortable as possible in the bosons of their own families, or among their friends, as far removed as may be from other invalids, and surrounded by those who will give them the best care they can have. But I do not propose to discuss at length here the policy of "Consumption Hospitala," a matter which is just now being pressed upon the attention of the public. I have the subject to the consideration of the wise sort fine

What I have said above should not render the friends of the consumptive fearful to bestow all needed mre and attention to their sick. I would not influence the mother, although she may be in delicate bentile benedit to desert the bedside of her consumptive child, nor connect the son or daughter to neglect the parent struggling in the grasp of this disease. The sick-room of a sister or brother or friend should not, need not, be shanned. But still I would wish to imperes the thought that precontinus ought to be taken by those attending consumptive invalids, against receiving from them the seeds of a similar disease. The most perfect eleculiness in the recen, the bedding, the clothes, and all the appointments of the invalid, should be constantly observed; particularly the vessel used to receive the experiention should be frequently purified; and there should be the freest worthstien, and fullest enjoyment of the light and sunding. The attendant should never sleep with the patient, nor in the same room, if it can be avoided, but should have a separate apartment; should go out into the open air duly, and practice taking long full breaths, if necessary using the inhaling-tube; should to the whole person every flay, and should live on a good nourishing diet. If these precainions are observed there is little-danger. Let me repent, for it is important; throw open and air the room of the invafol at feast twice a day; head the invalid himself shilly into the open air, and there encourage him to inhale long deep breaths, to want out his longs, if I may no the expression, with the pure wholesome air. Have him baths daily; if he have night-sweats, the ciothes wet by their perspiration should be dolly changed and cleaned. In all these respects the treatment should be so careful as if he had the typhus fever,

CONSUMPTION SHOULD AVOID THE WHOOPING-COUGH.

Persons predisposed to consemption should most carrierally avoid localities where there is onleoping-couple; otherwise it may become to them a fatal postlence. Even though he may have led the who-ping-couple previously, the consumptive will feel the influence of the poison possibility to this consugators discose. More or less irritation will usually be caused in the throat and down the sir-purages into the lungs, giving rise to a cough, obstinate and distressing in its character, and which will frequently sink the person rapidly in true palmonary consumption. All who have weak or irritable lungs, even though they may not be aware that they are predisposed to consumption, should avoid being much with or taking the breath of those who have the whooping-cough,

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It cannot be denied that active exercise in the open air, patiently persevered in, is one of the most valuable means known to us of invigorating the system, and preserving its life and health. Young children should be early taught to exercise, vigorously, con-hors. In fact, such exercise should be practised by all persons at every period of life. Walking is at the command of any and everybedy whose health is not too far destroyed, and the use of whose limbs is retained. It is very true that persons may suffer such a reduced mate of health that they camen walk, and it is also true that persons very feeble and debilitated may do better to ride than to walk; but moderate exercise, in some way, especially in the open sir, drawing long, full breaths, expursing the large, and spreading the clear, will be found of uset benefit to the most delicate. Exercise most when you feel best, and best unjoy it. I have known delicate

persons to be dragged out of bed at an early hour of the morning, and with an empty estimate ride or walk miles; of course they came home sick. Now this does not do; it is not the proper mode. A person should not attempt to take long walks at unseasonable home, or walk an empty stemach, feeling hangry, and exhausted before be starts; neither should be continue the exercise to a point of great fatigue. It is beautiful to see how children and youth are benefited by exterdise—out-door exercise, whether for an object or purpose, or for annuments; the more they exercise and more about, the more health they enjoy; the exercise of course being proportioned to their strength.

I prefer for very feeble persons carriage exercise to all other. They should ride in an open carriage. Horseback exercise is also very well; but the person should not be exposed too much to a burning sun, to rain, or to hard wind. They should avoid riding on a very hard-going horse, especially if very delicate. It is proposterous to put a feeble woman, with a weak back perhaps, on a burd-going horse; such riding is sufficient of itself to produce the very disease it is intended to relieve.

In some cases, where the image are broken or hally alterated, siding on a very hard-going herse will injure them, and atmetimes produce bleeding. The exercise should always be in proportion to the strength of the individual. Invalids, and persons who are delicate and young, may commence with moderate exercise, and continually increase it, until they can perform hard, manual labor for a whole entire day. Working on a farm, anderste gardes labor, is a most valuable mode of exercise, even for delicate persons. Indeed, there is no labor superior to that of the management of a small garden, breaking up the soft tilling it, tending flowers, eath valuing plants, pruning fruit-trees, &c., &c. Horticultural or pomological labors are beautiful for the invalid, and decelop strength in the delicate.

A good constitution may thus be formed, after some years of effort, upon a very poor foundation, and good and well-established health gradually be introduced in a frame once sickly.

For young men, all the old-fishioned sports, such as pitching quotes, playing hall, cricket playing, howling at "nine-pine," cannot be too much encouraged. Best rowing is not so well, as it is calculated to strain the chest very much. I have known had bleeding from the lungs to follow efforts at rowing in several cases. Where much effort is about to be made with the chest, such as landling a fast-going or a hand-bitted hone, or rowing a beat, the patient will derive much benefit from the shoulder-braces, which tie back, and arrevent the weight of the shoulders being dragged on to the chest.

I need not say any thing more on the subject, but merely to again repeat that going out flully in the open air—the pure, cool air—in all seasons of the year, should be adopted by every person as for as possible, suries it stores excessively, to there is an exceeding high wind, or it is keenly cold; in which case, the patient may walk in the house, in an open hall, &c., or out-house, where he finds it convenient. He will flud it extremely beneficial, and it should not be omitted.

CHANGE OF ARE AND PLACE FOR THE CONSUMPTIVE—THE SENT CLI-MATE—SEA VOTAGES—SOUNG TO STEEPE, EDG.

I am often consulted by invalids on the subject of a change of air, and as to where they should go. I need not, however, here speak of the importance of such a change, as it is universally known that it often proves in itself a great remedy; but merely point out what I consider some of the principles by which invalids should be governed in seeking this change, and to notice some of the best locations to which to resort, and also the errors entertained upon this subject.

For the consemptive there is no period of the year in which a visit to the seachers in this country, north of Virginia, is safe, except during the last half of July to the first half of August. At that period there is generally about four weeks that the wind blows from the hand, or very gently from the sea; and during this period the consemptive semetimes derives great benefit from a visit to the seachers. On the Gulf of Mexica, however, and the sea-coast neith of it, as far as North Carolina, for several months in the year the sit is warm, agreeable, and subdivious, and very beneficial, in sumpliantances, to consemptives. At the North, it is impost, as I have said, to about four weeks; and through the entire atturns, winter, and spring, mutil late in July, the sensir is too strong and too sold, and the winds too picroing for weak or discused lungs. Consemptive invalids are very upt to bleed from the lungs if they visit the

sea-shore, and remain there long during those seasons; their cough will become greatly aggressited, the expectoration either much increased or almost represent, so that the breathing will become exosodingly short and difficult. It is far better for the consumptive not to reside near the seasohore at those seasons of the year; but if he is obliged to do so by circumstances beyond his control, then on the constrence of the cold northeasterly storms, which frequently pretail, he should keep himself very carefully housed, avoid exposore to them, and obtain artificial warmth, if necessary, so as not to suffer from chill and cold—not so housed, however, in to deprive himself of fresh air and free ventilation.

In the interior of the country the consumptive may almost always find retreats as issueficial at can be found anywhere on the scabeard. In fact, there is no great choice of place, except to avoid, as a general rule, all large bodies of water during the cold and windy seasons. One of the worst places to any invalid, however, is where the disease originated, and any change of air he may adopt will be almost always for his benefit; he can hardly leave home, in fact, without advantage. The rooms which he has long occupied often become thoroughly poisonous for him; circumstances which escaps his notices, and hidden causes, which no security can detect, will often operate to the extreme injury of the patient, but which are all often obviated by a removal from the patient's accustomed locality.

The finest country I have ever known for consumptives, in this northern elimate, is along the shows of the Hudson River, commencing ten or fifteen miles above New York, and extending through the highlands on both sides of the river. It is for the consumptive the most buildly district of country I have ever known in any part of the world. I have seen patients recover when residing on the shores of the Hudson River, who, I believe, could not have been cared in any other locality known to me. The purity of the water, and the air on the dry lasts on the shows of this river, certainly afford retreats for a temporary residence for the invalid and the consumptive that are not, I am confident, sufficiently appreciated.

A warm elimate, in some rare cases, benefits the invalid; but by the large majority of patients little or no permanent benefit is derived from visiting the South, and the disease asually terminates quite as soon as if they remained at home—in some instances even account. It is in the Middle Scates of this Union—the State of New Jersey, custom Pennsylvania, the southeastern part of New York, the northern part of Virginia, Kentucky, Ohio, and Termesses-that he forly the most forecable climate. Patients from either North 6e. South often find a few asouths' residence in pleasant situations in the localities I leave indicated, to be most beneficial; and here, by the aid of proper remedies, even desperate cases will often recover, A change from the Eastern to the Western States, and on to new territory, if the high hards are relocted, is beneficial. Some parts of California furnish a beautiful climate for the consumptive and asilmatic, while other portions of it are currently unfriendly. Son Francisco itself-to many a very bealthy place-is exceedingly inclabeless to the cosmission and asthmatic; and for a young and new State, California furnishes more cases of pulmonary consumption than my country I know, although this may probably urise from the fact that many concemptives go there from the old States is hopes that the change will restore them to health. The northern shores of Lake Superior afford a favorable elimate for the invalid; and the same may be said, in fact, of all the western and southwestera country that is free from malarial influences. The mountains and high parts of Tomessee and Virginia in semmer, and the lower lands in winter, famish many delightful spots.

The consumptive requires first a change of air, and in effecting it, if he secures a dry atmosphere, rather cool, and free from malaria, the clunge will usually promote his recovery. A warm climate for any length of time is too enercating and prostrating; and in the high Intitudes, such as many ports of Canada, the elimate is too celif and hard; and stiff, in some instances, a residence in portions of Canada East, where the patient's moust are kept artificially warmed through the wister, and the temperature kept steady, will be as favorable to delicate persons as in my other location. In most parts of the Southern States it is too damp in winter and too hat it summer—the directe is too variable and dangrable. Some boult ties will be found very beneficial to some patients and not to others; so that frequently consumptives have to change their location sereral times before they find one that is congenial, and that suits them. Many physicians are in the liabit of sending their potients to sea in the menths of April, May, or June. Very frequently do they call on me for advice about going to the Banks of Newfoundland, to the Gulf of St. Lawrence, or some other place on our coast. I have pear. 237

known many consumptives that these places, and I do not recollect as instance where the patient has been benefited; as a general thing, they have been injured. Damp, cold, chilly winds, heavy fogs, and the neighborhood of loobergs, must necessarily be had for the delhate communitive. If a sen-royage is resulted on, the best course is to take a voyage at once to Europe. Indeed, a voyage to Europe, and particularly a residence for a time in Ireland, Scottand, England, France, or Germany, is often very benedefal, and I frequantly recommend it to the consumptive. Indeed, I have witnessed most happy effects in patients who adopt my remodies, and travel in Europe for a longer or shorter period. The air far out to sea is often better for the consumptive than near the land. And still long am-voyages are assally lajorious to the consumptive, hat short voyages, as from this country to Europe in the stranships, and fast, well-appointed, sailing packets, where the invalid may have all his wants supplied, are often highly beneficial and not other injurious, The same rounds apply to voyages of European invalids to this country, and a residence here, which often nearly cares the authmatic, and usually helps the consumptive.

DRAFF.

As I have again and again referred to the matter of food, I shall be excused if I do not speak of it new at any great length. My omitting to do so, should not, however, be considered as indicating that the subject is not one of much importance.

I have observed before that it is far better to use enthantic medicines to cleanse the bowels from food, neids, bile, and excernential tions matter, than to attempt to do this whelly by dicting. There are a great many persons who endertake to starve themselves into health, or to live upon one kind of food; but the experiment is murally productive of no good, and is a source often of much incorrections, indeed of positive tojuty, to the patient.

Now the food which we cut should carry with it all those constituents of the blood which the system requires for its continued sustemmer, growth, and strength. It should never be taken in such quantities as to overload the stemach, or appress the system, nor at such short intervals that the stemach is deprived of its necessary rest before repeating the task of digesting. There are great differ-

ences of opinion upon the number of slady meals, and also upon the length of time that should clapse between each meal. Nearly all the races of men, especially all the laboring and industrious ones, agree in taking their food three times a day: at an early hour in the morning, at midday, and at evening, allowing intervals of about five hours between each meal. This is probably about the correct rule, as in agrees with the ordinary experience of mankind. The folicist meals should be those of breakfast and dinner; the supper should be lighter and less is questity. Dinner should never be taken later than five hours before bedtime, and in all cases the supper should be very light. Most persons make the dinner the principal need of the day, which is usually eight or ten hours before bedtime.

In this matter of food and diet, experience is certainly a good teacher, and its counsel should never be lost sight of or forgetten in cetablishing our plan of living.

Children, in proportion to the tenderness of age, require feed much offener than adults. This peculiarity of their should be understood, so that when craving food they should be gratified—and of course to the extent of surfeiting or overloading the stomach, which is always dangerous.

In our reflections upon diet, we should reasonable that the human system is constantly suffering waste, which must be continually supplied by the food, which, as I have already remarked, should contain all the different elements or constituents that the system requires, and in their recessary proportion and in full quantity. An adaptation of the feed to the elimate in which we five, the diversity of the sensors, and the nature of our occupations, must not be overlooked.

The inhabitant of Siberia, Labrador, and the Arctic regions, requires that kind of food which contains a large supply of carbon to develop heat in the system, such as is found in the oil and fat of animals. Hence the Esquimann, Laplander, and Greenlander, delight in blabber, train-oil, fish-oil, &c. They cannot subsist upon vegetables, particularly in the winter season, and they line chiefly or almost entirely upon fit ment; while in the tropical regions we find the unliver subsisting almost entirely upon rice, regetables, and fruits. Inhabitants of the polar regions delight in and engerty desire alcoholic spirits; but the tropical inhabitants, left to their own mates, employ

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vegetable infusious, such as coffee and cocoa, as Leverages with their daily diet, which are for them sufficient stimulus.

The waste of the system depends of course upon the amount of labor performed-the amount of power expended; consequently the laboring man requires much larger quantities of food than the idle man. In every point of observation, we must hear in mind the waste of the system, the condition of health, the power of direction, &c. Of course these remarks which I have made upon food night to persons in health; those in sickness must be governed by entirely differout rules, such as their medical attendants may suggest. General experience in all the different parts of the world, among all the dif-Swent tribes and families of men, teaches that the healthy appetite is a correct guide; that is, the appetite not coerced, or made unnatural by dreumstances. The intelligent man or woman learns at an early period to determine the amount of food which his or her system requires, its quality, its quantity, and the times most proper for taking it. This observation they extend to their children and those under their care, and in this way no doubt arrive at conclusions as correct as can be formed upon this subject.

One of the first rules to be considered in regard to our food is moderation, and as a general principle a mixed diet is best, consisting of most and vegetables, well cooked, and fruits in all their varictics and modes of preparation; not all at once, but rather sparingly, proportioned to the strength and waste of the system. It is a well-known truth that all persons who have attained great ago, have been, at least for all the latter years of their loves, noted for the simplicity of their diet, and often for their abstentionness, while a longlived glutton was probably never known. I do not recollect in any of my readings to have ever net a case of a gluttonous man who had attained to any thing like the old ago which we witness in the abstentions and the temperate.

As regards the details of diet, and the food measury for indicideal constitutions, I would not for a monoral attempt to state any set rules. The general every-day practice of semilier, commun-sense people is doubtless the true out in every country.

The firstly, stout person should avoid all such food as conduces to obssity, or that will make fit. Such a person will first that game, remison, wild land-low's, less beef, and matter, are the most appropriate, so far as the animal portion of his food is concerned. A

been, space person may include in only food if his stomach permits it. The dyspeptic should study the nature and peculiarities of his own constitution, and take only that food which agrees best with him, and should never break off suddenly long-constaned babits of diet, which experience has proved to be salutary, no matter who may advise it. I would arge all and every class, as a general thing, to be quite matural in the selection of their food, and to sot snough without overloading their stomachs, or rendering themselves unconformable by quantity or quality.

BATHENO.

For soveral years past the subject of bothing has received considerable practical attention from physicians, from invalids, and the community at large. Much has been learned from this experience, and some bounds has been derived.

In my "Six Lectures" upon Palmonary Diseases, I argod, very strengonly, the advantages to be derived from orld bathing. My opinions have not changed upon the subject since the publication of that work. Still I am five to-confess that I believe there are muor delicate persons who are wholly mable to eastain the shock of cold haths in very cold weather. A system debilitated by disease is overcome by this treatment, especially deficate ladies and young children. From extensive correspondence and from long observation, I am convinced that a majority of invalide and patients lose faith in the importance of very free bathing is cold weather, from buring received no decided benefit from it, or from being injured more or low by it. Yet I know many, and even invalids, who continue cold bathing is the freest manner throughout all masons of the year, and declare themselves greatly benefited by Joing so. The general conclusions of individuals, derived from experience and from circumstances, age, health, strength, &c., must not be ignored. We wast take the human constitution, not us we would have it, but us it is, and remember that as there are no conditions or states of any two individuals precisely the same in all particulars, so there are no rules that will apply to all without exceptions. Whilst cold hathing is useful to many people, it is injurious to scene, and quite unaccessary to others. All persons should keep the body closs, and should use shintions sufficient to accomplish that object; but it may not be

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necessary for all to letthe daily in cold water in cold weather, or indeed in nor weather.

Laboring people generally, and those whose little are spent outdoors, travellers upon our western plains, miners, gold-diggers in Californie, wood-choppers, farmers, &c., fishermen, soilors, mariaces, -oil these seldom baths, and do not seem to require it; but in our cities, and in all locations where mankind are crowded together, when luxurious habits are indalged in; sedentary persons, those whose eccupations confine them to a sitting posture, as in close, illy ventilated evens, attendants upon the sick, residents in hospitals; those who work amid much dust and dirt, or me exposed to the fames of mineral and chemical solutances, carbonaceous finnes, the exhalations of animal or vegetable substances in a state of decomposition; young children, and finally all those who load an easy, sed. entary, or lexurious life, especially flesby and stood persons ;--all these will especially derive group lensift by observing the most thorough rules of cleanliness-lathing frequently in warm or cold water, scop and water, &c. This may be practiced at the discretion of the individual, yet in these cases it is usually liest to bothe daily. I much pecke simple ablations to immersions in water. It must be remembered that the general effect of cold water is to invigorate the system, and increase the energy and artirity of the vital freese; whilst warm water, if long continued, will have an opposite effect, enervating the system and rendering it more susceptible to the influence of cold, and to injuries from anddes changes of weather. All persons resorted together in close apartments should bathe frequently. Entirement on emigrant ships ought to boths duly in sea-water. In these situations the well-instructed captains and intelligent passengers will outoperate with such other in abserving perfect clembiness of person, thus dissipating the foul air which middly generates in crowded rakins, often developing some of the most fatal forms of discuse to which the luman system is liable. I recommend to invalide and delicate persons, when contemplating daily bothing, to commerce with warm or tryid water, in the form of ablation, and in a warm room, where no current of air can strike upon the person, for this will aimost always cause a cold in the deliente, and sometimes even in those who have the strongest and most robust constitutions. If the skin is cold and mactive, it is well to employ friction before bothing, by rubbing the

surface of the body with the hand, a course uspkin, brush, or glove for the purpose, so as to access the circulation. Then the tepid water may be used, and if you pieuse adding a little of any of the alcoholic figures, or alcohol itself, rubbing the body thoroughly after each ablation, to excite a glow of beat. This may be practised daily, gradually reducing the temperature of the water until odd water can be employed at all seasons of the year.

Nervous persons, and those debitinged by care, watching, and general servicty, or from sickness, will usually derive great benefit from bathing; still they must suit their own constitutions, and if they suspect that it injures them they should discard its use. Senbathing, in the very warm sensors of the year, is very agreeable and healthy for most persons, especially those of strong constituations.

In cases of pulmanary consumption, colds, estarch, broughtin, king's will, chronic rhousation, &c., I usually advise thorough bothing, and it is generally attended with honeficial roselts. Few are the rules connected with the human system that are without exceptions; and by the judicious, intelligent, and humans, these exceptions are as much to be respected as the rules thanselves. Let every person currielly observe his own experience, and when he has fully decided what is beneficial for him, elling unwaveringly to it, and aware fore its benefits upon himself, nor be forced to make new experiments to confirm that which is already sufficiently intablished.

Hot boths, and especially hot foot-boths, are extremely honeficial in cases of recent colds, in shifts produced by colds, in congestion of this brain or large, or stables attacks of chemistism.

In discuses of the heart, in asthma, particularly to persons of full, ficely cheets and obstructed sirculation, I would urge the patient never to go under states, but be content with simple ablations over the whole person, as I have before advised. To all consumptions, and these troubled with or liable to short breathing, I would say, never immerse yourselves in water, as I have known it to prove futal.

THE WEISHELD IN AGUE AND THYER.

I have known attacks of ague sed fover entirely broken up by the use of the wet-sheet. In these cases the patient is to be completely wrapped in a cold weashest, and placed in a warm bed immediately after the commencement of the cold stage of the disease. Full and free perspiration, even violent aventing, will take place in a very few minutes; the chill will be broken up, and the hot stage of the disease will not be developed at all. After perspiring one or two hours, the patient can be gradually cooled off, and finally spenged over fively with cold water, wiped dry, and resume his clothing, hardly realizing that he has been sick at all. Two or three repetitions of this treatment will other break up the agree and fiver entirely, without any other assistance whatever. This treatment has this remarkable advantage, that no implement effects are produced upon either the head, stornach, or fiver, which is so frequently the case when quinite, calened, and remedies of that class are much used.

I think this form of applying water for attacks of again and fover is most highly describing of our attention, and not only in chills and flavor, but in the early stages of all febrile diseases. In member and stardet fever, when the comptions do not fully appear, the employment of the west-sheet for a short time will assaily bring them out in the root desirable manner.

SWEATING.

Sweating the patient for recent colds, group, congestion of the large, inflammation of the large in its commencement, is most admirable. Perhaps the last are run or alcohol sweats. Place the patient on an open-acated chair; put under it a sourcer with sloohol or run in it, and set it on fire; cover the patient all over with blankets, so far kept from the person as to allow the unper to pass all around the naked person, limbs, &c. In a very few minutes a richest perspiration will take place. Keep this up for some time—say ten to thirty minutes; wipe dry, get into a warm bod, and perspice some hours. Usually this will throw off almost any recent attack of cold, inflammation, pleariey, large favor, rheumation, &c. These awars are most excellent. Many other forms of executing are used, and often with much success.

DOLDSE, CLEATHENS, MIC.

I will detain the reader but a moment upon this matter. I see only required to notice its effects and its relation to builth. Clothing

is required first to protect the system from the viciositudes of the weather, which is the only object that concerns this subject. In our artificial life much more is required to be worn than in savage life. The true law is, that, under all circumstances, the body should be kept combrable, being writter anothered by a experahundance of clothing, from or chilled by its scontiness, nor compact by its fitting too closely to the form.

A preson may bathe himself in water as cold as ice can make it if he has the hardificed to do so, but which I by no means would advise or recommend; still, after he has triped himself dry, it is necessary that his clothing should be warm and comfertable, for although many presons can bear a endden change of temperature, such as a sudden plunge into ine-water, yet no one can bear being continually chilled by the cold from insufficient clothing without injury.

In the cold winters of our northern climate, it is well for delicate persons to wear flamels or woollens; and when they go out they should put on a sufficiency of over-citthing to protect them from being suddenly childed; yet this should not be carried to such an extent as to induce undue effectioney, or too great sensitiveness to cold nir.

Children and old persons require much more clothing than these of middle age, when the strength and situlity of the system is greaters. The degree of cold or heat which one can endure is very much a matter of bubbt; but when once a habit is established, and particularly when it has been long continued, it must not be suidenly broken off. Changes in dress, especially from a greater to a loss amount, should always be made gradually. The winter clothing should not be thrown off too men in the spring; persons should will until the warm weather is fully established before they throw noise wholly their winter garments.

The first should always be kept warm and day as far as possible. A good obtdishioused rule is, "Keep the head cool, the feet warm, and the bounds free," in which there is much wisdom.

With three suggestions, I leave the whole subject of clothing and dress to the judgment of the intelligent reader. Let hen, in the satresse of good sense, adapt his dress to his own constitution and his monorities.

RESIST SERRIPTNG-DOOMS, RICC.

I will detain the render with only a very few words upon this subject. Leaurisms down-bods and warm rooms are particularly upt to induce effeminacy and reduction of the vital energies of the system. On the other hand, hard bods, scanty covering, and cold rooms are apt also to reduce the system, and they are most injurious to invalide and deficate people, and especially to young shifteen. The true medium is found between very cold rooms and very warm oursthe condition of the bods and the age of the persons being fully considered. The very hardy and subset do not require my artificial heat in their rooms, while the fields and delicate may require it.

Individuals and families must study this subject for themselves, remembering that persons of every age and every state of health require to be comfortable during the hours of sleep. If they can sleep warmly without the aid of artificial heat in their rooms, it is better that they should do so, and if they cannot, on account of diminished vitality, they should have their sleeping apartments artificially wanned. Good hair mattresses unknowediest beds. In number straw healts in mattresses are useful.

From long experience, I first confident that open firsplaces or open grates are to be preferred in warming a house. Stores come next, and oir housed by formaces last of all. It is certainly unhealthy to live in a house warmed by heated air. I could say much more on this subject, but would only warm all persons to avoid houses trained by heated air.

CHESTLY LYDIS.

I hardly know of any thing that has a more depressing influence upon the health than low spirits, gloomy forehedings, viewing every thing upon the dark side. It will reduce the vitality of the strongest person, and is in every respect injurious.

All religious teachings that lead the mind to entertain great fear for the fature, or great remove is view of the past, are upt to be very permissions to the health of those influenced thereby. I would arge every one, who would have health and long life, to hanish, as far as possible, all depressing thoughts from the mind, and to callinate cheerfalness and hope. Despondency of all kinds works directly against the health, while observations and hope operate for it. For this reason I always recommend such autoements as are not too exciting, and not demoralizing in their tendency.

Dancing is one of the most delightful and elegant exercises for inhabitants of cities, erowded towns, and villages, who do not enjoy much exercise and who have not the mosts of extensive recreations. I would recommend its being early taught to children, and its forming a part of their school education. Laborers in workshops, male and female solvelars at boarding-schools, students at theological seminaries and colleges, &c., should be urged to practise dancing every day.

Almost every form of coercise will be found more or less agreeable and healthy. Each individual must be his own guide on this subject. Let him receive the best advice that can be obtained, and make the amount of exercise and time of taking it such as sait his taste best; and above all things avoid every species of sloth, idleness, melaneboly, and irreligion.

STEMPERIAL RECESSARY TO INVALUE.

One of the earliest lessons that the invalid should form is that of self-denial. Whatever be suspects may injure him, or whatever from experience be has discovered to be permissions to his constitution and health, he should exceptally and rigidly avoid.

If he has discovered that coffee, alsoludar layers, condiments, my indulgences, either in the quality, quantity, or time of taking his field, to be injurious, he should must sechalasuly greed them. If he discovers that night-watching, into hours, or any irregularity in my of his holids, are productive of mischief and injurious to his system, or if he has observed them to have such effects upon others whose conditions and circumstances are like his own, he should avoid them. He will soon find that habit will make what is right quite as pleasant to him as to indulge in that which is injurious.

Mothers should streamondy urgs upon their children the habit of soliderant. Vast numbers of children die annually because transtructed in the practice of this sixtue. Thousands of these loss their lives, being on relique of discuss from which they were recovering, or render a curable discuss fatal, from improduces in their dist, from exposure, or indulgeness. Although the path of duty may be elearly pointed out and argently recommended, yet wanting the habit of self-denial they do not follow it, but their lives are socificed by wandering from it, and allowing a slight temporary gratification to lead them to throw away bealth and life, when, had they desied themselves, they might have lived on to the full term of human life.

NEVER THE AN INVALID THAT HE LOOKS SUE.

I have been sometimes greatly astonished at the treatment invalids receive from their attendants and relatives, and often from their nearest friends. Some of these penetise the fault I shall mention through ignorance, some from mistaken kindness, some from had manners, some from sheer malignity, and others from a desire to excite the fews of the patient, by which to occure the use of certain tunnelies for his recovery.

The practice to which I refer is that of telling the sick and nervous that they look it, and upon any signs of amendment checking and depressing their hopes by questioning or denying the correctness of their belief that they are better or improving in benith.

I once knew a mether whose sen had been attacked by bleeding at the lungs, but whose case I did not by any mesos consider desperate. He had very fair hopes of recovery, but his mother holsted from the very first that he must die; that she had never knewn any one is his state to recover; her great anxiety was to get him prepared for another world; every effort towards mitigating his symptoms, prolonging his life, or producing a cure, she anisted were entirely medeas.

On coming down from his room in the morning, his mother would say—

"James, how do you do this morning?"

"Why, mether," he would say, "I feel considerable better. I rested well last night; I coughed loss, and I feel stronger."

"Oh, James," she would say, shaking her head, "don't decrive yearself. If you could only see how you look, you would not say you were better. No, James, you are not better at all." And this course she persisted in, till finally her distracted son field into the streets a raving manise, and eventually died insane, his death occurring apparently from affection of the beain rather than the longs.

I have witnessed the effects of this treatment towards invalids in many cases, on persons meeting their friends in the street, seeing them in their morning calls and at evening parties.

A few evenings since I not a small circle of individuals at the horse of a friend. During the latter part of the evening a young lady came is, who, after being sensed and receiving the compliments and gratulations of her friends upon her good looks, &c., and all imparies for her health having exased, commenced reminding each individual that he or she "must be al.;" one looked "much pake than when she last saw him;" mother was "much worn out—she must be indisposed;" and in this way she made the circle of the company, giving a stab to each, not inflicting a pung of distress that would be suce to last during the whole evening. In this case she appeared to know no better, though she moved in what is called the "first circles."

I would next comestly beg all persons never to tell another, in health or in sickness, that he or she lacks ill. It is very rarely of any benefit, and in one hundred and sinety-nine cases out of a thousand inflicts pain, and produces mental soviety and more or less protration of the nervous system; and, if often repented, may produce very mischievers consequences. I once knew a gentleman, fiftyeight years of age, who was somewhat indiquosed, but not much so, who called at a house upon some business, and there encountered a strange, excentric commune, a brick-muson, who was at the time building a chimney. With his shirt-slowers turned up, the trough is one land and a brick in the other, be turned to the gentleman, and said—

" How do you do, Mr. Hastings?"

"Well, Mr. Goodrich, I am postty well, though not entirely so." He had ridden that morning several miles on horseback.

"Well," said Goodrich, "do you go directly home: you time is short; you would live three days," Wherethen the gentleman returned home, and being nervous, he was overcome by fear, took to his bed, and died in the three days set for him.

This case excited a panic in the neighborhood, and the massn tried to frighten some other people to death; but, although he greatly alarmed them, still fortenately he produced no other death. Every person should remember that it is an act of flagman illbreeding, besides being extremely injurious and unkind, to tell my person that he kicks ill. It is better and wiser to say southing words and to encourage hopes, which we may be sure are agreeable to those in health and most precious to the sick, for they are always received with feelings of joy and thankfulness.

CHAPTER XXIV.

SPECIAL DEMENDES IN PULMONARY DISEASE, MEDICINAL AND ME-CHANDIAL ENDURIOUS VENEDOS AND TREATMENT, RIC.

COUNTRIBUTE ATTOM.

Converneus representation of the treatment of disease, is offentimes of immense service. For example; in cases of pain, congestion, or deep-scated humor, by exciting irritation on the surface, above or in the neighborhood of the diseased part, we shall be able to draw the humor or inflammation to the surface, and thereby relieve the suffering organ beneath.

In cases of pain in the side, breast, joints, &c., sore throat, congretion of the beals, pain in the bewels, in the spine, in hip disease, in chronic rheumation, &c., counter-irritation, in some form or other, has been at all times more or less extensively employed by all classes of physicians. This counter-irritation is employed in the shape of blisters for causing large sores or issues, or for simply reddening the skin.

I will ask permission here to mention a few of these, with my views upon them and the propriety of their use. In the first place, I will mention the ordinary

SPANISH-FLY BEISTER.

This is used extensively by a vast many physicians—sometimes with benefit, but, to my certain knowledge, effectines with injury. Elistering by this agent will too others prestrate the delicate, increaing their nervouscess and depriving them of sleep. Indeed, in many softjects who are very susceptible, and where there is fever, it produces temporary delirium, which is imputed to the fever, but is effecter the result of the fly-bister.

I never use it at all, and would most carmently discourage its em-

ployment in all reduced subjects and all delicate persons, and never apply it to highly nervous or sensitive parts. I have known flyblisters applied to the abdosses and continued there ustil the potient was thrown into convulsions from the agony and suffering they produced.

There may be instances where a fly-blister, in the absonce of any thing better, may be applied for a short time; but it should in so case be used upon excitable or nervous persons; above all, never on infants or young children.

MUSTARD FOURTICES.

Mustard positions may be applied to any part of the body for a short period of time, simply to redden the skin, with good effect. If continued for a length of time, they produce the most distressing blisters and screams on the parts where applied. They are often serviceable in cases of colds, sore thruits, pain in the side, or sudden accession of pain anywhere, if continued simply long enough to redden the surface without producing blistering; and this they will do in from ten minutes to one hour's time, according to the strength of their composition and the susceptibility of the patient.

EMERIC TAUTAIL.

This terrible mineral I atterly and totally repulints in every form. I have seen the most distressing effects produced by it, and very rarely, if ever, any benefit whatever. I never use it, and would most unhestratingly beg physicians and patients to avoid its use as an external application in any form.

CHOTON COL.

Cruton oil, rubbed upon the surface of the body as a rubefacient, will not blister, but will bring out great numbers of little pimples, preducing only a bent and an itching, and, when judiciously employed, is often very useful. There are very few objections to its employment in this resurce. It acts without making the patient nervous or prostrating his strength.

LINIMENTS.

Nearly all pain of every description may be greatly relieved, if not permanently removed, by the employment of a scitable liminent, which may be so prepared as to produce a slight writation upon the surface, and also to produce a medicinal effect upon the discused part independent of the irritating action; exceeding at the same time its influence deeply through the prined part, neutralizing the poises or humor that may give rise to the pain, and relieving the suffering.

All invalids subject to pain in the side, chest, spine, joine, or elewhere, will find that benefit from a proper liniment, which they should always have at command, so as to be immediately applied in case of an attack of pain, or when pains recur, and in this way they may entirely do away with the habit of pain.

In the second part of this work will be found formulas of such liminents as I have found, from personal experience and long-continued use, to be most eminently beneficial. The one designated as "Palmonary Liminent," which I employ and prescribe in all suitable cases, I consider one of the most useful agents in removing pair of any kind that I have ever known. In croup, in chronic rheumatian, in some or chronic pleurisy, when rubbed over the chest upon andden occasions of colds, cough, bronchitis, in swelling of the face from toethache, swelling or softness of the joints from rheumation, and in almost every possible form of congretion, I have found this liminent superior to any other with which I am acquired—hardly ever disappointing myself or my patient when judiciously suployed.

PLANTERS.

In cases of pain in the small of the back, or about the hip-jeints, between the shoulders, and in scintic rheumatism, &c., I have known plasters to act very well. These may be prepared with Bengundy-pitch, with the addition of a slight irritant, opins, complor, and guaguaise is equal parts. These, melted and intimately mixed together and special upon soft buther, make a fine plaster, which may be applied to almost any painful part, where the skin is whole, with benefit. I do not much approve of large plasters applied to the whole clast, as they prevent its expansion, and are sometimes very injurious

from the cause. The plaster I have mentioned is excellent in cases of cough and pain in the side; but if you wish to apply it externally to the chest, it should be cut up in small pieces and applied in this way, so that it will allow the chest to expend in respiration without tortuning the skin upon which it is spread. Still I prefer to bathe the chest in cold water, and apply a mitable liniteent every day, which will assully remove pain much more readily and effectually than the use of any plaster.

PLANTICOS POCE CHILDREN,

In cases of errors, bad colds, inflammation of the image, whospingcough, &c., is children, I would most earnestly recommend to nurses or parents the application of a plaster, made of Burgundy-pitch, up and down the spine, between the shoulders. It may be made two or three inches wide and from four to six inches long, or extending from the back of the neck down to the small of the back. After the witch is spread upon the leather, there may be sprinkled over it two or three grains of powdered opium, mixed with five or six grains of camphor. In a very short time after the application of this plaster, the skild will usually be rescued from danger. It will bring the infamoustion to the surface, with very slight imitation and with great relief to the chost. This, I think, is far better than to apply the plaster over the breast, because it does not provent the expansion of the chest, which must certainly result, to a greater or less degree, if applied over the front of the chest. Pinsters I never apply to the chests of children, nor do I think it advisable in my case in front, but amply them between the shoulders,

For inboring people, and those greatly exposed to cold and damp, who are often subject to rhomatic attacks, and for any person in dimunstances where the affected parts require warmth and protection as well as medication, such a planter will be found to be very useful; and much more to these classes than to those in easy circumstances, and who are subject to less exposure. To such people, as well as others, I would recommend the use of a good liminant and hathing in cold water. These measures will be much more agreeable and antisfactory to them. Blisters should never be upplied where they produce so much pain and irritation as to prevent sleep and disturb the nervous system.

PROMERTATIONS.

By this term is meant the application of het poultices, or warm se hot water, to my painful part, or a part in a state of congression. The poultice or water may be mixed with harbs, or simply applied on a west cloth. The application may, indeed, he made either has or cold; for if applied cold in a case where there is sufficient vigor to secure a complete reaction, in a very few minutes it will become sufficiently warm to produce free sweating from the part to which it is applied. A cloth worn upon the chest is oftentions of great benefit, and may be continually applied for mouths if the state of the chest requires it, and it is not disagreeable. I have known great benefit derived in acute attacks of pain from the application of a small hag of hop, wet in but water, and continued for several stays and nights, as the case may have required. Bugs of outs, wet in hot water, are also found to be excellent, and will often contribute very much to the alleviation and cure of pain, whether acute or chronic.

BLOOD-LETTING.

Twenty-five years ago, and for a long period previously, bloodletting was most extensively employed in almost every disease, but portionistly in attacks of influentation, the matter, plearity, paley, and indeed for almost every ill that flesh is beir to.

I once know a man to loss seven wine quarts of blood in the course of two weeks. In this case an experienced physician, who possessed a little common sense, was called in to commol with the medical attendant—an individual not greatly experienced, but greatly self-sufficient, who saked the physician why the patient jerked about sed-kicked around the bed as he did. "Why," replied the older physician, "have you ever seen an ox-die after his throat was cut? and do you not recollect that just before death he makes great straggles?" "Yes." "Well, that is the condition of your patient."

The younger physician proposed to give him small down of eaknest; the older physician advised large dows of musk, but said that nothing would sure his life, as his blood was nearly all drawn out of his body. This proved true, for the unfortunate potient soon expired. As a general thing, blood-letting should be sparingly resorted to, especially in all delicate, nervous, and ordentary people. The robust may sometimes eaffer a moderate loss of blood without my inconvenience, and not unfrequently with decided benefit; still I very turely employ blood-letting in my practice, as I seldem meet a case that I cannot relieve much more satisfactorily by other treatment. In some rare cases, I recommend the use of letches and topical blooding, but scarcely ever advise general blood-letting, or find it necessary to do so, except in scate attacks in very robust persons.

THE INHALING-TUBE.

I have several times already alluded to the very great importance of securing a large clost and fully expanded lamps, if we would hope either for the prevention or cure of consumption; in fact, if we expect to escape from the effects of discuss of any character to which we may be expand or liable. But this subject enmot be too often present upon the attention of the reader; and I would have refer to it again, and, in connection with it, recommend the new of the inhaling-table.

Whenever there is weakness of the lungs from whotever couse, or any tendency to discuse there, there is always a disposition on the part of the invalid to "farre" the lungs, to stoop the shoulders, contract the chest, and take short breaths. This usually takes place snoonsciously. But in some instances, patients have an impression. that the less motion there is in the lungs the more Ekely they are to get well. They therefore purposely becathe as little as possible. This is, of course, all wrong. The longs were designed for extion. Motion is their natural state, and instead of disease being cared or prevented, it is almost sure to be induced if the full, free play of the lungs is in any degree impeded. Besides, all the vigor and vital force in the system is derived from the air received through the largs. When the chest becomes contracted, the large folded up or compressed, and the breathing short, less vital air is received into the system than is demanded. Of course the whole system then suffices; the strength declines, the flesh wastes, the blood becomes impure, the digestion is impaired, the nerves are weakened, and above all, the lungs themselves suffer from the mischievous influences of this deprivation of air. When, on the contrary, the lungs are

kept expanded, when the figure is sreet, the chest large, and the breathing deep and full, then the blood is perfectly ascated, every organ is imband with vigor, the great processes of life go on regularly, the digestion and nutrition are healthfully carried forward, the nerves are strong, a fine life pervades the lungs, and the whole speters is maintained in a state of Acade.

When the importance of large lungs and deep breathing is proporly understood, most persons may do much towards securing them by columnay efforts at full respiration-by forcibly taking long, here breaths, looking the air an instant in the lungs, and then letting it slowly escape. This should be done many times a day, and continued umil the bings are fully expanded, and the habit of full deen boutling is established. There are many, however, who cannot well forcibly inflate the large thus without some artificial assistance; and off are sided by it, if properly contrived. For this reason the inhaling-tabe-originated by Dr. Ramoge, an English physician, and improved by myself-is of the greatest service in expanding the exetracted clost and lungs, in arresting disease where it has already inended the lungs, and in preventing discused lungs in those inclined to consumption. In the treatment of communition it is all but indispensable. Where there are deposits of tubercles, or where there is alcoration, there is almost invariably established a habit of slight breathing-the breath being short and feeble. To break this babit up, and famish the lungs with a constant, fall supply of pure air, as effort is requisite, which will not be made unless there is some aid given. This nid the inhaling-tells firmistes. It is a convenient little silver instrument, so contrived that the air passes beely through it into the lungs on inspiration; and then, by the cluding of a cabre, it pures out less readily, requiring some force to exped it. This forcihis expiration of sir penses it deeply into the langs-it penetrates every portion of them, unfolding those portions that have become collapsed or folded up, foreing open these tubes and cells that are closed by the secretions that have taken place, contributing to cleaner sin the seres and alcers, aiding the expecteration of the reseas, pressing together the walls of the carities that may exist, premeting the absorption of tuberculous matter, preventing the further deposit of tubereles by quickening the circulation of the blood and purifying is, and by denoing the surface and thinning the walls of all the sirtakes and cells. It is designed to be used three or four times a day,

from five to thirty minutes at a time, and with more or less forcefrom little more than a natural breath to nearly all the firee the patient can excet—according to his condition and strength. There have been instances in which persons, most undeniably in true conmunities, have been restored to health by the simple use of this tube, with buthing and exercise in the open six.

While it is thus valuable as a means of coring, it is not less so as a means of preventing consumption. I wish I could impress upon every person is Christenders, who is inclined to communities—who has weak Imps, or who belongs to a consemptive finily, the importance of foreibly expanding the lungs by the use of an ishaling-tube, and induce them thus to only its use, and continue it through life. I am persuaded that if I could do this, we might hold a day of jublies, that the day of red-staption from this mouster scorrey had dayned.

It is not alone in discuss of the longs that the inhaling-tube is valuable. There are thoseands of persons who suffer from nervous ness, lassitude, feebberses, decline, disapsepin, deranged liver, headsolit, continuous, pulpitation of the beast, or some other amoying aliment, whose troubles grow out of an insufficient supply of air: they may be sedentary people, who exercise but little, and therefore breaths but little; or they may have acquired contracted chests and diminished longs. Now, all such people would find great relief most promptly by the use of the inhaling-tube.

ABSOLDED MEACUN.

It is hardly necessary for me to recommend the use of shoulderbraces, or point out their advantages. They have now come so much into use, and their value in all cases where there is a disposition to stoup is su obvious, and has been no completely demonstrated, that the stopid perjudice which they encountered when I first alvoented their employment in my public between ten or twelve years ago, has well-nigh disappeared. It is true that a few amediturian "conservatives," both in the profession and out, may yet condemn their use on the ground that "notice furnishes the best shoulderbraces," or some other equally rational; but their senseless objections are little headed. This is both gratifying indenounaging. Shoulderbraces should, of course, he so constructed us to be efficient in holding the shoulders tack from resting down on the chest, while at the same time shey may be were with case, and cause no annoyance. When this is done, they are most unquestiously valuable intraments.

All persons who have any tendency to stoop, or to throw the shoulders forward, and by this means contract the sheat—thus diminishing the expacity of the longs and impeding the action of the heart,—those who suffer pain in the clust, in the shoulders, sides, or back, under the shoulder-blades, or between the shoulders, will find yest beseful in wouring well-constructed shoulder-braces. These who sit much—clerks, bookkeepers, office lawyers, secretaries, clergymen while writing their secreous, students, whether at school or in their term study-rooms, women who new numb—in fact, all whose occupations may lead them to stoop, if in the slightest degree inclined to do so, should by all means wear braces.

In the treatment of almost every form of pulmonary disease, and especially in tubercular communition, we can rarely dispense with their use. Here there is in every case a tendency to a contraction of the chest and a steeping of the shoulders, and however the patient may be admissished to straggle against it, he will not resist the tendency without some artificial assistance. He must put on shoulder-braces. These, if made and worn right, will correct the liabit of stooping, and, in connection with the inhaling-tube, aid him very unach in securing an expanded classe, and thereby a restoration to health.

ARDOMINAL SUPPOSITION.

In my remarks upon the causes of pulmonary consumption, I observed that failing of the howels, by the relaxation of the abdominal belts or unardes, is a frequent armse of weak Image, short breath, and a sinking, exhausted feeling at the pit of the stomach, which may occur in all debilitated persons—at all ages and in both sees. In a green many of these persons there is weakness in the brins, and in the landou region or small of the back, accompanied often with pain in the back when walking or riding, and every joining notion becomes difficult or impossible. This is especially the case with ladies who are delicate and who experience falling of the words. In many cases after particulties, the abdominal belts do not resume their autural formers and tenseroes, but become relaxed, and bence result

prolymus steel and falling of the bowels. If in this condition the female is in any manney predignosed to consumption, the lungs are extremely upt to become affected. Hence it is that women who are consumptive often experience, immediately after confinement, a great increase of their consumptive extentons-durtues of breath being frequently a prominent symptom; and this is owing to extreme relaxation of the abdominal belts or muscles, which relaxation is the occasion of the falling of the bowels, and the consequent removal of the support from beneath the displacem or foor of the large. To remedy this as far as practicable, I programmed full support to the bourds and small of the back he the new of a entrality adjusted obdominof asygneter. The supporter which I employ but a large pulin front, connected by clastic stod-springs to pade resting on each side of the spine at the small of the back, and so adapted as to fully support the bounds and ising. I need not enter into a detailed description of abdominal supporters, as they are now manufactured in yast numbers, and in great varieties of form and workmanship. This instrument, when properly adjusted and perfect in its action, becomes of incalenhable benefit to the patient, and to all delicate persons, whether male or female. I do not employ it in sums of children's discuss, for they generally seem to get along very well without it; but in almost all other debilitated persons Indvise its use, as I find very few cases where it may not be used successfully, and where its use is not presently demanded.

In cases of westiness or loss of voice, for public speakers, teachers, and others who must talk a great deal, the abdominal supporter is invaluable.

In the course of any practice I have known many who have been confined to their beds for months and analyte to walk, from folling of the bowels, seem restored to methiness and active health by the use of a well-adjusted abdominal supporter.

Sometimes the first application of an abdominal supporter may ensure or develop very considerable tendences, scenaes, or lead in the abdomes. In these cases the use of the instrument should not be neglected altogether, but it may be hid aside occasionally for a few hours; its use should be preserved in and gradually the scenaes and best will be overcome. The patient may at first be unable to wear it more than one or two hours each day, and it may be necesuary to wear it over several articles of dress, to decrease in direct personne. Butting the abdences at intervals such day with sait and water or some alcoholic liquors, or westing a wet compress upon the borrels every night, and perhaps rubbing some liminout upon them, will sensily, in a short period of time, remove in those pure all tenderness occasioned by the use of the supporter. When these objections to the abdominal supporter are overcome, the patient will generally arknowledge its inestimable value—be finds it a perfect life-preserver, and sometimes to can find no words to express his appreciation of its merits.

My abdominal supporter, by its lightness, elasticity, and perfect adaptation to the patient, has secured for itself extensive fover; and through the slow workings of individual experience, the medical faculty—continue of novolties—have finally acknowledged its benefits; and now it is widely and extensively known, and its merits very generally appreciated. Much credit is due to all my collaborers in the work of introducing and perfecting alsominal supporters, because they are truly irralizable to the fields and sick.

THE DESCRIPT OF THE ABOVE MECHANICAL REMEDIES STATED BY TROOP, WHO HAVE USED THEM.

Facts are of course worth more than theories and assumptions. No one is so competent a judge of the real value of either a medicinal or neclearing remody, as the person who employs it in his own case, and experiences himself the benefit of it. I am therefore induced to subjoin a few letters written to me by those who have used my supporter, beares, and tube, and who speak of them from their near experience. If their testimony shall influence other sufferers to find relief in their use, my object will have been obtained.

Letter from Rev. D. S. McAdie.

"Patrick, Sciences, August 224, 1855.

"Dr. S. S. Fricu, M. D., New York:

"Dear Sir,—I feel cause to repreach myself in that I have not befeer this time written to you. When I called upon you about the close of last September, I was on a tour for my health, having, with the consent of my medical advisors, undertaken a voyage across the Atlantic in the hope that a sea-voyage might allowate or check the progress of the pulmanuty discuse under which I had, for about sixteen months previously, been suffering.

"I arrived in Canada after a sail of six weeks, somewhat improved in general health, but still feeling the disease in my short much the same as it was when I left Scotland. In Upper Canada I heard of you, and of several parties there in the case of when your treatment had proved successful in restoring them to health after they seemed to be hopelessly genu to communition. A gentleman with whem I got acquainted there, and who had used some of your mechanical appliances, spoke highly of them, and recommended them as likely to be useful in my more. At Coburg I procured the shardler-braces from your agent there, and also your bectum on the Nature. Treatment, and Core of Communition. I find not the braces or more than a very few days when I begun to experience their beautiful pendency.

"The period of your lectures afforded me some how of restoration, if not to perfect health, to each a measure of it so that I might again he able to do something for my own support—that is, if I followed the directions prescribed. Previously I had little expostation of recovering, as I regarded myself, and was regarded by my friends, as far gone in consumption. The simple, yet convincing, because most reasonable manner, in which you treated the whole subject, and the probability which you showed there was of curing, in ordinary electronitances, discused lungs, made me think that perloss my cast was not hopeless, and encouraged me to use with greater energy than I led done all likely means of recovery. Having as I have stated, experienced great benefit from the use of the beares, I procured your abdomisal supporter in Toronto, and found it, too, admirably adapted for the purposes intended. I then resolved upon endorsering to see you personally. With this intention I went to New York. My interview with you there was one of the scott agreeable things I esperienced in America, Your kind, sympathining manner, and the inconsuperant you afforded no to hope for a cure, toucked to choor me much, as it considerably dispolled that andress and depression of spirits which are almost unavoidably attendant on apparently hopilealy-broken health.

"Shortly other I car you I returned again to Canada, and thence soon after to Scotland, where I arrived on the 1st of November, 1884. I commenced the use of your medicine, and your other appliances, inmodutely after seeing you. But as I was for some time then moving from place to place, I was able only very partially, on some oversions, to follow your recommendations. I, however, seen began to experience the beneficial effects of even a justial trial. The medithe from which it appears to me I derived most benefit, were the Cubartie Pills, the Chury Pidmortus, and the Universal Torte. I here also had considerable refact by the use of the Pulmenny Linitrent when troubled with a sore threat. But the mechanical applisures recommended by you have been, if possible, of more use to me than the medicines. I have already said that I had the braces and supporter before using you. I do not know that I have ever derived more benefit from any one thing of the kind, than I have from the braces. For several years past, I had been feeling a tendeury to strop ensiderably when walking. This had partly been raused by studying much, and sitting in a had position when so doing, and partly by the disease in the chest. When I commenced the use of the braces, I fill as if it was impossible for me to wear them; for on attempting to stand evert, I felt severe poin in the broad, and as if something would break them. But by persevering, and gradually tightening them as I could bear it, the disagreeable sensation in the breast almost entirely subsided, and altogether the breast became very much stronger. When I arrived in Scothind, at the time I have stated, I was much better in health than when I left it; but the alteration in my appearance, which chieffs struck my friends and neptrintares, was my upright gait. They could not understand how I led get over the stooping. On learning that it was by means of braces, not a few applied to me to ascertain if I could get some thing similar for them. But I have not been able to learn that they is not thing similar on sale in this country. By the mean of the hence, I can now stand or walk as erocally as any one. So great, indeed, was the change produced upon me, that on my arrival bone I had to get my coats altered to suit the form of the back, do. I with I had a quantity of the beaten, for the maply of many who may quite and desire them.

"The supporter I find extremely useful also. Without it I feel I council take a lover find broath, but with it I broathe freely. I want it and the braces constantly, and indeed would not find confortable were I to want either. It appears to me that the supporter must be of incalculable bracks to all who have neck chann—that is, if they

use it. To deficate females it must be, I should think, exceedingly useful.

"I have used the inhaling-rate you so kindly gave an, shoost shilly, and have found it of great hencia: It always gives relief to the chest, and makes the beauthing more easy. Through the use of it and the braces, my chest is, I know, much broader and fuller than it was this time last year. I consider the inhaling-tube an excellent little instrument for the purpose intended, and wish that it and the other articles I have referred to were known and for sale in this country.

"I may mention, in conclusion, that on arriving in Glasgow from America, though my health was improved; I did not consider it prodent to return to my former employment there-viz, that of city missionary, but to surferror to obtain some situation in the country, and where I would not require to speak much. I very some got no. tice that a governor was required for this institution (work-house). On application I received the appointment, and have discharged all the duties since December 1st, 1834. My health during that time has not been what may be called robust, but on the whole I have been comparatively well. We had a very sever minter here—the most so that has been experienced for many years; but during the whole of it I was never a whole day at a time unfitted for daty through diness. There a little rough still, occasionally, in the mornings, and a sensation in the right long as if all were not quite sound; but on the whole I enjoy pretty good health-much better, indeed, than once I ever expected to have,

"With best wishes for your welfare,

"I am, dear sir, ever yours gratefully, "Davno S. McAnor, "Palkirk, North Britain."

Letter from Mrs. E ... II-

"Waterick, Francisc Co., Mass., September 19, 1851.

"DEAR DR. Frecu:

"Sir,—Doubtless you have been led to anticipate from the place at which this lotter is dated, that I have changed my location—and so I have. Before I had used your remedies a fortnight, I was ablto be conveyed from Princeton to Warwick, a distance of about. thirty colon, to an easy carriage, by travelling but a short distance in a day. Had I had perfected notice provines to starting that I was to remain home, I should have consulted you as to the propriety of undertaking such a journey in my present state of health, but I had not; and I was so analous to remain home that I would risk my life, almost, in attempting to reach it; but no evil results from this journey, but milest good. I think it has been highly hereficial to my toutist. I find much better than I did when I left P——; there are no many streamentances connected with my staying them, upposed to my recovery. And now I am at home!—door, door spot!—and through humble, there is no place like it.

"I am ming your remedies faithfully and perseveringly, according

to directions, and think they are busing a largey effect.

"Your supporter I prize very highly—think it was the principal instrument in enabling one to return home, for without it I verily believe I should have fallen to pieces. I could not near it all the time at first, but now experience no other feeling but comfort and support; and although I cannot walk around much yet, I suppose it is because my whole system is debilitated, rather than because the supporter does not have the right effect. The inhaling-tube I am using duly; it does not fatigue me but very little to use it; often with I could use it longer than directed. Would any injury result if I should?

"Tridy yours,
"Max. E. H----"

Letter from L. T. Fales.

"Graceway, Essay Co., Ira., September 18, 986.

" Da. S. S. Feron :

"Dear Sir,—It has occurred to me recently, that it is due to you that I should make some acknowledgment of the very great benefit. I have derived from the use of your nemedies, and particularly your abdominal supporter. Some twenty years ago I sustained an injury from riding a hard-trutting horse. I was not very sensible of it at the time, but in the course of a few months my health failed me; I had great weakness at the pit of the atomach; I lost my strength very much; my food did not seem to nourish the system. I because very much emociated. I consulted a number of the best physicians

in Washington, D. C., where I then resided, but I received no holy from thou; in fact, they could not determine what my disease was, They did not attribute my illness to the injury from borseback-riding. I continued to grow worse until 1817, when I had about given up hape of being bester. I then committed you. You at once hill your finger on the source of the difficulty. My violent horselark-riding had sigured and relaxed the abdominal numero, and council a falling of the bowels. From this came all my difficulties proceeded. You propriited for me, and gure me a supporter, together with some medianes. The effect was wonderful and unmediate. I at once insproved. The faintness, poss, weakness of the storach, were reliered; the cotiveness and diarrhers I had suffered, severely by turns, were subdued; my strength and flesh came back, and I have enjoyed eight years of thir health. I are quite confident that but for your help I sould not have fixed long after the time I applied to you. I have always felt most grateful for what you did for me,

*Respectfully years.

*L. T. Farms."

Letter from Min II -- E. W --- .

"Mr. Houre, Yn., January Int., 1856.

" Dr. S. S. Fracue

Dear Sir,—I have taken my pen to inform you of the benefit.
1 received from your shoulder-branes, supporters, and medicines.

"I was quite low before I received your medicines, and was not able to do may thing. I could not sew but a few minutes before it would seem as though I could not take another sticch, there was so much pain through my lungs to my shoulder-blades, and the back of my nock. I received your remedies on Thursday creating. I put on your shoulder-braces, and after a little while I felt quite relieved, and went to sewing, and was not as tired at night as I was in the morning. I were them about three months, and do not have to seem them my more. I was troubled very much with weakness across my kidneys. I put on your abdominal supporter: within three days I was well as ever. I think it is the best thing a lady can wear, if she is troubled with any female weakness.

" Yours truly,
"Mass H----- E. W------

Letter from Mr. Mercitt Martin.

"New York, March 4, 1866.

"Du. S. S. Frren:

"Does Six,—Some years ago I found myself an invalid, and scarcely knew how or why. I had a communit sense of faintness and weaksen, a sinking, and as you have in your Lectures well expressed it, distreasing, all-gone feeling at the stomach. Standing or wilking about wearied me excessively. I had a tired, dragging feeling about the dust and shoulders. These difficulties rendered me unfit for besness or labor, and my life miserable. In this condition I was induced to get one of your abdominal supporters. I was reflected as seen as I put it on. I have worn it constantly since, and would not be without it for its weight in gold. Why do not more who need just this instrument for falling of the bowels, wear it? I desire to think you for the very great relief and benefit I have derived from it.

"Yours responfully,

"MIRRITY MARTIN, 231 Eighthay, N. Y."

Letter from Mrs. Sylvenser Johnson,

P.Bora Corr. Town; July 14th, 1851.

"Du. S. S. Frren:

"Dear Sir,—I have were the supporter almost constantly for free years, and would not be without it. I presume it has slone more for me then medicine. I supposed at the time I wrote that consumption was rapidly approaching, if not already scaled, and cannot but feel very grateful to a kind Providence that you have been the means of restoring me to so comfortable a state of health.

"Man, STRVASER JORGERS,"

INCURRORS RESIDENCE AND HURTFUL TREATMENT IN CONSUMPTION.

In the disease called communition, which almost universally has a double character, being both broachial and tubercular, two destructive agencies are acting upon the gatient, and in apposite directions; so that in most instances the ordinary treatment will be found to histen the disease; and the case that would permit the continuance of life two or three years without any medical treatment whatever, is often brought to a fatal termination in the same number of
months. Many judicious medical men, therefore, after repeated attempts to care consumption, and observing the prostrating effects of
almost all medical remedies, and their fatal results, family arrive at
the conclusion that it is better to let the patient stone and leave
him to pursue his own instincts for relief, rather than to prescribe
their medicines; and in this they are perfectly correct and truly
lumane.

The general directions for the treatment of consumption as hid down in books, are found to husten rather than retard the disease, which is soring to the confusion that prevails upon the subject of the disease steelf, and the attempt to ours two distinct diseases, prevailing upon the same organ at the same tien, by a single remedy; and hence, in the treatment of palmonary consumption throughout the entire history of medicine, we find a constant encousion of single remedies suddenly springing into popularity, becoming fishionable for a time, and universally applied, and that with little discrimination, and then abandoned as nocless.

The history of these remoties exhibits a series of most undappy failures-fittel to the sirk and decognery to the profession-yet, of remedies for a time landed to the very skies as perfectly reliable, thoroughly curative, and applicable to every case; these failures faully giving birth to a universal dogma, which has been that pulmonary consumption is incurable, and that, consequently, the failure of any treatment designed for its ours leaves no stain upon the escatcheon of any physician, whether emittent at obscurewhether he he the highest profesor in the highest school, or the lorest empiric in the lorest grade of quackery. It has been always orthodox in the most accredited exhcols of medicine, to smiploy any remedy that has been the presailing fashion, however ridiogloss or absurd. The treatment, thus chargeable, and thus worthloss in all its charges, has been continued until thousands of men, revolting at the results, and declaring that no treatment can be more immecconfid, are prepared to turn their eyes away from the profewion, to almost any source that promises relief.

I will recall to the memory of the reader a very few of those injuliable and furbicoscale remedies. Their history is a most instructive proposed only in its bearing upon communition, but also in its application to all other discuss; for it is a thoroughly established fact, that without a slear perception of what the discuss is and what its complications are, the application of remedies must necessarily be empirical—must be quackery—an experiment, without previous success to warrant its employment or justify its continuance, and without any true analytical knowledge of the discuss to explain its failure, or from its failure to construct any plansible theory or any secretal practice that would lead to a care. From the employment of a remedy adopted upon a false theory and in the darkest ignorance, no light of source councies. The effect must be only to discourage the physician, and to make him enger for some new remedy; and, generally, any remedy that for the moment seems to mitigate any one symptom, will be seized upon as a countive for the discourse itself. I will mention a few of these.

First, the preparations of sorrowy large, at different times within the last seventy years, been employed by various physicians-the most bomble and the most content-in the attenut to care consumption; while, however, it has never risen to the dignity of a miversality, it has been used by different physicians during this whole period, down to the year 1837. Within ten days of the time I am new striting, a light called on me, laboring under boundful tuberonfar consumption, who, in the latter part of the past winter, was salirated for six entire weeks, under the prescription of one of the ablest and most eminent physicians in New York; and yet no man living or dead over witnessed any encess from each practice, any assistance to the sick, or my crodit to the physican. Its effects are, on the contrary, most wonderfully to accelerate the progress of the disease. Diseased Imps once thoroughly surrestricted, my nearly deprived of all hope of care. Woo to the unhappy patient with weak large, who has his system saturated with measury!

Mercury, taken into the system, because often a direct cause of tuberculous deposits, by weakening all the powers of life. The particles of mercury in the large themselves arrose the circulation and become a direct nucleus for tuberculous deposits, and tubercles already formed rapidly soften. Indeed, meneurials are among the most powerful agents for producing consumption, for extending its development, and hastening its fital termination, of any and all of the und remedies admitted or employed by the medical faculty.

The next that I would mention is forofore (digitalis). Forty

years ago this remody enjoyed a high reputation. Its praise select through Great Britain and through this country; and one learned writer and colohrated physician declared that he manual nothing more—that forgions, used at any time and persevered in, was as certain to cure consumption as Peruvian bark and its preparations were to cure ague and fever. It was foliounble during many years for physicians to prescribe forglove; and it was quite amoning to observe the complacement and self-grutulation sujoyed by them when discenting upon the virtues of this remedy.

I should think that forglove must have been employed with considerable arder and much assumed confidence for at least twenty years; when, finally, its use, and almost its remembraner, disappeared. It retains its place in the sesteric excellent only as a simple narrottle and solution, remarkable for its powers of depressing the vitality of the system and lowering the pulse. So little did physicians know of the nature of polisonary consumption, that they employed this remedy for many years because it had the simple property of reducing the pulse, and lessening in a small degree the action of the heart; just as if increased arterial excitement was the cause of this disease.

Following up this idea, other similar agents were cought for; as peorforglere, falling from its universal popularity, had become truly dismateful to all patients and friends of patients. Then promie axid was introduced; and this, from its powers of depressing vitality—of reducing the pulse—was thought to promise the most curative results. It is true that timid physicians rather should from employing a remedy a few drops of which might occasion instant death; but the bolder spirits eried out, "Dilms it! dilute it! and it may be given with the safety of milk," It is true that the point of dilution was not agreed upon soon-caseigh to prevent the spoilies of a few valuable liver,

The late Dr. John Eherly, author of "Eberly's Thempeutics," so well and widely known in this country, who in his day was certainly one of the best educated practitioners of medicine in America, told not that he medical a small quantity of pressic acid directly from Bernelius himself, and, acting under the most careful directlys (as it was so expensive, by did not try it upon my pour person), he gave it to one of his most respectable formle patients in Philadelphia. So quirting was the effect, that she died in twelve hours.

I need not say that praisic acid is now never spoken of in any quarter as a surative agent in concemption. It finds a place, however, is some mixtures, but as a more pullistive.

EMETED TAXUALL

Having some peoperties is common both with forglore and prusic ucid, has been long employed because it so readily reduces the pube and so thoroughly prostrates animal life. It is tenfold more unergetic as a sedative than forglore, and without any of the poisoners properties of posselo acid. Its power of depressing life and reducing the cital forces of the system, is equal to any effect desired by the physician who wishes the vitality of his patient placed on the rule of reduction descending. But its effects in lung disease are evrtaisfy most appelling; and if given to the consumptive after the deposition of tubercles, or ofter softenings have commenced, it will herry him out of the world much faster than communition itself. By its direct effect in reducing vitality, it has been, as it is to this day, one of the most destructive agents over employed by physicians in historing primously consumption to a fatal termination. It was very considerably employed for a great many years, and is even now used by some physicians. While forgions and proste and were never thought of for external application, emotic factor-a mineral in its origin, a chemical suit in its composition, and a terrible cautie. in its constitution-was employed to cut up the patient. Dr. Joseph Class, considered a most respectable and intelligent physician-a resident in the south part of Philadelphia, where he errored a large practice-told me that to him belonged the benor of laving first employed emetic tastar with hard, in the form of an angusent or an outment; of such strength-I might say of such commensurate strength-that when he applied it to the class, and kept it on about twenty door hours, he was able to remove from half an ounce to se ourse of living flesh from the beenst of the patient. He declared that its offects were truly remarkable, yet he did not intimate that he had ever seen a person cured by it.

The tast of this remedy as a curetic, more or less severe, his been continued up to the present. Emetic turtur is exceeded by sourcely any thing in its power of producing intense suffering. It attacks that, skin, anactes, hous—all give way before this demandance.

tator. I have seen the breast-bone out entirely through to the cavity of the chest by it. Wor to the unlappy wretch who is the victim of this practice! Terrible distress results from its application—the strength is rapidly prestrated, all power of bealing in the large is attenty removed, and the poor patient, hapeless and beloes, sinks into his grave. I never remember to have witnessed in instance where any one in consumption received my benefit from the application of emotic turner to the chest. It has been applied in tens of thomands of cases in the last thirty years. Dr. Chappes idea was, that you could hardly make too great a sore on the outside of the chest, if a sare siready existed inside of it. I need not say that I have never employed or advised its use, externally or internally, in consumption, sare very elightly in some rare cases, and in very minute door.

The next great remedy that I will mention, following immediately after fexploye and prunsic acid, and used also with them, but more particularly with fexplore, in \$6000\$\(\text{lensing}\). This, indeed, more almost to the dignity of a universality. It had its origin in some escays on contemption, written by Dr. Gallap, a celebrated physician resiting in Vermont.

The practice of blood-betting in consumption, following his suggestions and teachings, became sendy universal in this country. The quantity draws out from, was frequently only limited by the quantity in, the body. I personally knew one man who was blod twenty times in nineteen-days. During the intervals of blooding, there was made a free use of fraglers. Probably nothing could have herrified his attending physician more than the suggestion of a tonic, or in any way sustaining the vital functions. The physician scened not aware that his patient had any vital functions; he appeared to have only the single idea that the poor wreach had blood, and that from blood proceeded inflammation and consumption; therefore it should be all drawn out as fine as possible.

This practice so rapidly cleared off the consemptive sick-list, that it was pretty seen abundaned, although it is still practiced more or less by a few physicians.

In some rare cases, blood-letting may be admitted to the extent.
of a few cances, yet I soldom over employ it at all.

Indian.—This mineral, considered one of the greatest, if not the greatest, gifts of chemistry to medicine, on its first discovery was

harded to the very celo as an agent copable of caring every form of scrofida and nearly every possible form of skin disease. It was approved to be very useful in pulmonary consumption.

It was used and exhibited in almost every variety and mode-in the form of pills, plasters, tinetures, lations, vapors, do, I have no doubt that indine, in some forms of serofula, is an excellent remails; but in nor hands it has nover been successful as a curatise in my disease wherever when exhibited alone and without auxiliaries, which were good in themselves, therefore feaving in doubt the amount of benefit derived from the is-line; but is combination with other remedies I sometimes exhibit it in minute does. It has the office of producing pain and attienting in the rhest; and this it is aut to dutaless given in very minute doses. This effect is produced in every form of combination if used in large quantities; if inhaled into the lungs in the form of a vapor, it will produce pain there and fightness, much of a rheumatic character. In fact, I have carely seen much benefit durived from the use of loding in my form of consumption or in threat disease. Its application to scroftdous aveiling should be conducted with the greatest possible care, so us to preven these swellings from being driven to the internal organs; or, in other words, to prevent their striking in. I have, in a great many instances, witnessed deplocable results from this practice,

When explicion serslings or lumps come upon the neck or any part of the body, we may be positively assured that this is an effect of nature to deposit out of harm's way the esperabundant tuberenlous naterial existing in the blood. If we attempt to disperse these deposits without elevating the general health and quarding of the great internal organs of the body and opening all the summetories, these deposits will almost certainly be transferred to the internal organs, where they may produce a wast amount of mischief

In contribution with potash, isoline has been much exhibited, and
is still; but in many cases where this combination has been med,
I have thought that potash alone acted better, and that without any
of the had effects that may be produced by isoline. It is doubtless
tree that, in many cases, isoline may be profitably used for a shorttime for a specific purpose—it is no doubt a stimulant and excitant
of the system; in some cases by these properties alone it may be
teefel. In cases of old some and running scrofula, it is no doubt
extremely made; but I again repeat, that as a remedy in brin-

chitis or in any form of communican, I have enrely found it so useful as to depend upon it altogether, without the addition and assistance of every auxiliary with which I am acquainted. But combined or ancombined, if its use is pushed to such extent, in effect is to excite pain in the large and walls of the chest, often continuing for a long time, and becoming difficult to emilions. If depended on to care communition, it will prove a failure; and, in fact, the some remark may be made of the whole list of mineral agents.

Passing out of the mineral region, we next find ourselves embarked upon a sea of cit. Not sill and obeaginess substances in general, but one oil only—coefficer oil. This remoty has been employed in Germany for a great number of years. There they have not been very particular, as they have employed any description of fish-oil, whole-oil, do. Train-oil and temp-oil have been exhibited for a long period of time, not only in Germany but nearly in all the north of Europe, where it has enjoyed a very pleasant reputation, particularly in demostic practice, in the treatment of colds, coughs, &c.

About sixteen years ago it began to be talked of in Ragland and whispered in this country; yet great prefessors here received it with expressions of manifigated contempt and disgust.

Dr. Nuthanisi Chapman, the old and able professor of the theory and practice of medicine in the University of Pennsylvania, at Philadelphia, could not really find words to express his contempt for this new aspirant to favor. He applied his whole powers of wit, savasas, and ridicule, with which he was largely endowed, to combating the idea of ever introducing such a disgusting article into public use. However, it slowly made progress; and because the after failure of every thing she excused any experiment with any new substance, coldinor oil very unctuently made its way upward to the dignity of a widely-spread universality.

About the year 1851, its comet assent may be said to have enforminated; when nearly every consumptive in the civilized world was invited to partake of its thoroughly curative sixtues and its sure-caring benefits. It was everywhere adopted, and every thing observat rejected. It was in truth the reigning goldless of the day; and not to have been enthodox upon cod fiver oil, was to show autpusoing ignorance in the progress of medicine. Professors landed it, and physicians everywhere prescribed it; at the same time re-

ferring to other remedies as being quite unnecessary when they had such a potential agent at their command.

A medical friend of mine, at that time visiting the fung hospital at Brampton, near London, found over severity persons in consumption, of different ages and sexus; every one of whom, without the last discrimination, was taking condition oil, and nothing else.

One physician in this country, at that time writing to me, and a well-educated man too, said that if I would throw away my medicines, he would inform me of a remody which he had discovered, and which would core every case of pulmonary consumption; and that was cod-line oil. I informed him by return of mil, that I had tried and tested it in long disease, even when its employment was considered deroganory to me as a physician—that I had purceived more benefits to urise from its use, but a core I had naver known effected by it.

It is now rapidly sinking in the public estimation, and, as a contive agent, will no doubt full into greater disregard than its merits deserve; for there are conditions and circumstances of the lungs and of the patient, when cod-liver oil becomes a useful agent. To some it is a tonic, a doubtrasent, an abstrative, and, when judiciously given, cure being taken that the lungs supply air enough to vitalize it, it is useful in bestowing fut upon the attenuated.

PERSONAL PROPERTY.

Forty years ago the treatment of searly every discise, and drast every variety of indisposition, would commence with an emitic. This practice, then emitedy universal, is continued more or less down to this day.

The Thompsonius exaggerate its importance, and sometimes consist heir patients two or three days together; and in some cases thereby produce floath. This very exaggeration has, perhaps, tended to do away in some measure with the system of vomiting among somethic physicians.

The "old-school" physicians usually employed tartar emetic—especially the advocator of "hereic practice;" whilst these sacre brance and considerate towards their patients, employ specie. Many are old man or woman, upon becoming a little indisposed, and suspecting an accession of fever, has received a person quietus from a down

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of tartar stactic. I recollect several such instances, where old, feelfer persons have been unit to their long home by one or two hours' vomiting, and the prostrating effects of emetic tartar.

At one time, emetics of adjahole of copper were greatly in vogue; and invalids, especially consumptives, would be vomited in a mild sommer every day by its une. This practice has now entirely disappeared, or is pursued very limbe, so far as I know. Lobelia and ipeencutarity are still more or less employed; but the use of emetics is, at this time, for less general than I have ever known it, and I believe is fast being discarded entirely. Their merit, as a general thing, is containly questionable and dealetful.

There are, of course, some peculiar circumstances in which an emetic is called for; as, for example, where some poisonous or otherwise delectrious thing has been swallowed, or where the person has endangered his life by surfeiting. It may also sometimes be the case, that the storough is louded with hile or vicious excretions to such an extent that an emetic will be useful in ejecting it. I prefer, however, in these cases, relying on catharties. But if vomiting is resorted to, a simple warm-water emetic, or warm water with a very little mostard in it, is all that is required—is just as officient as a harsh dose of emotio tartar or iperae, and it is followed by no injurious consequences. In lung disease, for which emetics have been unaccountably used, this treatment is most abourd and pernicious, They prostrate the strength, weaken this stemach, and sometimes easse blooding at the lungs by vaniting, and can do no possible good. I, of course, entirely discard the use of emeties in burg affections; and I do not call to mind any chronic affection in which I believe they can be of any benefit.

CHAPTER XXV.

VARIOUS PORMS OF CONSUMPTION, DESCRIBED BY THE PATIENTS
THURSDAYES.

Turks are some persons who read the descriptions of discuswhich they find in books, with the impression that the writers draw upon their imagination for their facts ;-that such cases of disease as they describe, with the various symptoms stated, do not really exist; or if they do, that they carnot be so minutely known to the physicism. If, indeed, the description is of a disorder with which the reader is himself affected, he usually finds that Air condition,with all his "pains and aches," his sufferings and automates, is accurately stated, perhaps better than he could state it bimeld But when the case is one of which he has had no experience, he is age to think that it is "made up," to much the writer's theory or the system of treatment he thinks proper to employ for its sure. Now, that some writers may not thus substitute fancy for facts derived from setted observation, I will not youch; but that I have not done so in wint I have said of diseases of the lumps, I desire to convince my readers by presenting them with extracts from letters written to me by not parients the section, when applying for advice and trealment. It has only occurred to me to do so, since the managempt of this work was put into the lands of the printer; and I have not time therefore to wheet from the many thousands of letters I have on file those which would be host adapted of any I have to show the various planes, forms, and symptoms of consumption. The letters copied in the following pages, I draw from my files about at random; and yet, if I am not mistaken, the reader, particularly if he is an invalid, will be interested to find that the views of consemption given in this book are very completely correbutated by these letters. I pennix the writers to tell their own stories is their own simple way-often quite informal, and always martificial,

but notally very expressive. I desire also that the invalid, as he reads these statements, may be uncounaged to hope for relief, when he sees than others, who have been affected as he is, have been restored to health.

STATEMENTS SHOWING THE VARIOUS STEPS OF PROSEEDS IN THE PARTIES THEOPHENT OF THEIR TURNSTULLE CONSTRUCTION.

Case L

Mr. Geo. D. Y-, of Optendurg, N. Y., writes mr, October, 1856;

"Da, S. S. Frren-Sir: For nearly four years I have been taking doctors' advice and drugs, without receiving any beacht. About three menths ago I suit taking my thing, for I thought three was no use tormenting myself with swallowing trash may longer. But in the Trobone the other day I rend certificates of cures, of cases apparently worse than mine, and I thought that, as a last resort, I would write to you, state my case, and meeting whether you thought I embl be cared. In 1852 my bealth began to decline; felt weak; my legs felt as if they could not support my body. Then I had a bad cough also, and sieknew and opproviou of stormely. In the fall I improved sufficiently. to work that winter and the next summer; took nothing but a little col-liver oil. In the full of 1853 began to grow weak again; cough set in ; and after New Year kept my bod and room the rest of the winter. Spit a few mountfile of clear blood, also bloody matter; had a sare throat and swelled tomils; had no regular physician; took symps of different roots, and buthed every day with a wash of spirits of ammonia and whisker. In the spring ner health improved; worked during the mouth of July. Over-costion brought my cough back. Was advised to go to Texas; stayed there two winters and one summer; took no medicine; had the chills and fever for six months; came back this spring a good deal worse. Heard of W. G - s remedy; tried it, and famil it a failure.

"I will now give you a sketch of my symptoms. I am twenty-six years old; a carpenter by trade; have always fixed in Opdensburg; except a weakness of stomach, health very good; never had a cough in my life before this attack; five feet ten inches in height, and twenty inches across the shoulders; thirty-two and a balf inches around the clast, twenty-nine around the waist—thirty-one and a balf when my bings are fully expanded. Never was very findy; weighed when well one hundred and fifty-fire pounds—now weigh one hundred and thirty two pounds. Always walk very erect; do yet, except when tired; have brown hair and whiskers, blue even; father died of what was called consumption, at the age of fifty; do not know what disone my mother died of; both of my powers/ families very healthy. Breath short at times; no skin disease except a little scale rough ness on the face at times. Have a good deal of leadarhs; some pain in the left side in my chest; also at the lower edge of my rite above the hips; heavy, oppressed feeling back part of the neck between the shoulders and at the collar-bones. Have sees threat, swelled torsile at times; heat and dryness in the throat; voice weak! harts me down to the plant the stomach to speak load. When I take a cold it settler in my bead or throat. Have had a cough more or less for four years; for the last year coughed all the time, and soit up nearly half a pint of matter per day, of a dirty-white color; doss not sink in water. There no more cough than is necessary to nise the corrupt matter that gathers in my close; were that checked my cough would begre I think. I sough and noise most at night, Northly two years ago I spit up about a pint of blood; it seemed to come from the midriff, at the lower salge of the left ribs; have been tender there, and short of breath at times ever since; have rased bloody matter soveral times sure-a few mouthfuls at a time. I lison my right sale and back; when I lie on my left side there is a ratthing or whereing sound, acting to come from under the otherbase or my left side; sometimes it makes me cough when I breaks fiel. My left side rises more than the other; I do not knew why it is so, as I never had much pain or bud feeling in my right side. I have had very little chills or fover for the last six months. Never had a regular night-orest, but in warm weather my head would sweat so that the hair would be as not as though dipped in water. I po out every day; can walk a couple of miles in the course of the day. At times, after walking a short distance, the matter in my chest seems to rise up to the upper part near my threat, and I have to stop and energh until I raise it, or I would choke. I am also troubled with an all-gone feeling at the top of the chest, pit of the streamth, and across the bowels-feel it must when walking. When I get coated, or when I have a severe fit of coughing, my heart will best very lard, and sometimes, without any apparent cause, will

beat to hard as to shake my whole person. An eather nervous; have oppression at the stomach a good deal; not particularly after meals have sickness at the stomach a good deal. When I have a bad cold in my head, I miss a clear stringy matter; when my of that fodges in my threat, it always makes me comit after cuting, for I have a coughing spell after overy meal-sometimes after enting pretty well. When I amake in the morning, the matter that I ruse is this, of a white color, and of a mety taste, and I would it up, mixed with yellow hile, which is very bitter. My towels are regular at present, but are generally costine; appetite variable; hearthern almost every night; coffee, or my thing burnt, taken into the domash, gives my the hearthurn. My back reels rather weak at times-about the middle-some heat there, and is my head; feet do not treable me; no bloating; some wind in the stemach at times; no pain in the limbir no rheumation; no deformity; no wounds. Had the shills and fever in Texas for six months; took two or three doses of calomed at that time,-no more that I know of. I think that I sin rather bilious. My complexion-a yellowish cost all summer-but is generally clear. Have not taken any thing for the bilious disorders. I an not impried. I cannot read or talk load without coughing. I can walk as fast as men generally do for a short distance; the least exertion makes me cough. I have done no work in three years; have used up all the property I had made, principally in travelling for my health; am dependent on my relative, and that to me is more hitter than my siekness. These now answered about all your questions to invalide; and wish that if you think that there is a reasonable chance for me to regain my health, that you let me know as soon as convenient, and also your most favorable terms for such of your remedies as I may need. If you think that I counts be cured, tell me so plainly. I have looked Death too long in the face to be auselt alarmed at his approach. I have one of your books, and from reading it I are convinced that conething like your supporter was what I meded long ago. I have shouldenbraces, but they irritate and the the shoulders so that I cannot were there."

Here are presented the usual phenomena of Accolitary phthisis a steady, gradual, but insidious development of the disease, spite of all pallistive remedies, and somewhat accelerated no doubt by chills and fever and by exposure. CASES ILLUSTRATION HOW CONSUMPTION IN SECRETORIE, BY SERVING COLUMN IN THOSE PREDISTORIE TO IF.

Case H.

Mr. W. P.—, of Livingson, Ill., wrote me in August, 1850, for advice and treatment. It will be seen that he had been the greater part of his life a robust turn, until his taking a violent cold in April processing the date of his better. But he belonged to a consumption family; his tarber died of homorrhage of the lungs, and his mether of actions or heart discuss. The poisoners tains lurked in his bleed, annuspected by him, until a neglected cold determined it upon the lungs, and consumption was developed. He says:

"I was born and reared in the sembers part of Pennsylvania, and come to the state of Himps about eighteen months ago. My uses pation is that of a timer. My figure is dust and rather broad-ordinary desh-have usually been quite straight, but since I have been sick have become rather storping; dark complexion, har, and over My family is somethat proliment to consumption. My mether ated with the authors or heart disease in the age of seventy) and are father died at the age of severnyois, of benseringe or bleating at the large. I have usually laid good health until fast April, when I was once out over about exposed to the charp night-air, and caught a severe cold. I did not get rid of it, and a rough seconset in, with chills and fever, someons of the hours, &c.; and for six weeks I had land night-sevents, which were very debilizating, and I lost in the time some eighteen pounds of flesh. I succeeded in breaking these awate, and now feel assemble bester, but the from well. I have still a dry lacking cough, and find I larve little strength or calerance; a few hears' work fittigues me, so that I am obliged to lit down, and I have a soreness directly on the breast-bone and a little way above the stanziel; also a pain or soremes in my side. Lan nervous, sometimes sick at the stomach, and have the blind piles. I here taken calomel, quining, and iron-rast at various times, but have now quit taking medicine altogether."

It will be noticed how cridently this cold, which, in a person of a pure constitution, would have possed off without material injury, developed the latent tendency to discuse in the lungs, and ended in consemption; for undoubtedly this man had at the time of writing teleroulous deposits in his burge—a condition which would have terminated fatally but for the right kind of treatment efficiently employed.

Cox III.

The following case presents similar features.

Mr. J. W. P, of Incksonville, Ill., wrote, in August, 1856;

"Dr. S. S. Freen-Sir: Having heard of your successful treatment offing disease. I thought I would write you in relation to my own case, About Christmas I cought a severe cold, from which I have never recovered. A cough at ones set in, for which I used a congliculature, which pullisted it somewhat, but did not cure it. Since that time I have constored several physicians and taken a great deal of medicine; and among other things have tried the inhaling of medicine under Dr. H .- of St. Louis, but from which I derived no benefit, but rather grow worse all the time. I have now quit all mesicine. My father's mather, and some of her brothers and sisters, died of consemption, and have, until within a few years, been troubled with gethin and short breatling. My cough is now very bod, and I mise a great deal of yellow matter. My threat is sore, with swelled tensils, and voice fost, so that I have not for two mouths spekes shows a whisper. I have force every day, and sometimes night-sweats, My limbs are swelled and painful, appetite capricious, bowels irregular, with bleeling piles. I have a rather delicate constitution am lean and slender, and have a contracted chest; threaty-one years old, fair complexion, and blue oyes."

Here the hereditary predisposition to consumption, passing over one generation, fistened upon the next in the person of this young man, and consiring latest until excited by the cold, then sublenly developed, and rapidly progressed to an advanced stage, spire of all the sucless treatment he had. Had proper measures been employed, instead of a simple pullistive in the shape of the "cough-morture" he speaks of, the development of the disease might have been at once checked, and the young man's ordinary health restored.

Case IV.

Mr. D. P. F Esq., attorney, Lafayette, Ind., writes;

"Having seen your 'Molical Exponent," and having also been urged by a Mr. E. of this city (one of your old patients) to consult

you in regard to my health, I have concluded to do so. About six weeks since I took a violent cold, which estried on my lengs. Since then I have coughed a great deal, and mixed a good deal of moraes, which sometimes has a yellow, mattery appearance, and at others a is light-colored, and somewhat cond. I am considerably loanse, and have extern budly. I discharge almost incredible quantities from my noss every day, and my face on either side frequently becomes mere. I frequently get sees also in the regions of the torsels, which have been affected more or less for a number of years. I raiso more in the morning, immediately on getting up, than at my other time, I have some fever at times, but no night-sweats. I am greatle debilitated, though still able to be about. My constitution is delicate, and three years ago I had a hard fit of sickness, and larer not been in good health since. My father and mother were usually healthy people, but my father's sister died of communation. Permit me to add, that everal years since I read your 'Six Lectures,' and know that I have derived great benefit from their teaching, and would have received more had I been more attentive to them,"

In this case there was only a right tendency to consumption; still that tradency, slight as it was, was developed into active disease by a cold, which, most unfortunately for the patient, was reglected and allowed to remain on the lumps, until be applied to me:

CASTS IN WHICH CONSTRUCTION COMMENCED WITH BEOXOGITES.

CASE V.

Mr. R. R. V-, of Ravenna, Ohio, wrote me, September, 1886;

"Du, S. S. Frren :—Dear Sir: Having bibored under a difficulty of the large for some time, I have combined to used you a description of my case as near as I can, intending to give you a pretty good insight into my situation; and if you think there is any propert of doing me good, to put myself under your treatment. My occupation is civil engineering, my ago thirty-three years, beight five fact ten inches, weight when well about one hundred and forty-five pounds—it is now about fifteen pounds have complexed and forty-five very dark and early. The large complaint has prevailed to my father's family, but not in my mother's.

"About twelve years ago I took a bad cold, and it settled in the

tonds of the right side; they became very sore. I had passe in my beenst and back, and I became debilitated. I was then engaged in the study of a profession. I out that and engaged in the engineering business. My pains left, throat got well, and my books because very good. During the winter of 1832, I took a cold, and it uppeared to settle in my throat at the upper edge of the breast-bone. The irritation was very great, causing almost instant coughing. This listed for some weeks, and then yielded to simple treatment. The next winter I was taken the same way, but found relief in a short time by the use of mild remedies. From that time up to the first of June, 1853, I had a sort of influence, which left me with a had enigh. The sent of disease appearing to be in the depression of the throat at the upper edge of the breast-bone. The irritation was such as to cause almost increasant coughing night and day. My spittle was frothy, with the exception of a few mouthfule on rising in the morning. The constant and hard coughing caused sceness in my breast; appetite failed, strength left me, and my breathing because quick and difficult. I tried various remedies; among others, inhaling from a prescription by my family physician. This gave me some relief at first, but finally cented to be of any benefit. This was in the month of July. September 1st, 1855, I coughed very frequently, but not so hard as proviously; was almost free fiven soreness is my chest, breathing about the same, general health poor, At this time I put myself under the treatment of Dr. W--- of Clereland, homospathy. Turied his medicine for some six weeks; thought I was benefited in my general health, but could see no change is my disease. I quit that practice, and about the first of November commerced to use stimulants freely, sometimes brandy, but mostly ale, building with warm water and spirits, and using no modicine except some simple thing to allay the irritation at night; this I would use perhaps three or four times during the night. I had night-sweats. I med argesten. Under this treatment, to a conaderable extent regained my health. I engaged in my usual competien. Had no chills or night-ewests, and could endure the cold as well as at any time in my life. My breathing became free and easy, so that, aside from the cough, I have for the last ten months enjoyed excellent health, until within about four weeks of the present time, when my breathing became had. But my disease remained about the same, except that during the day I did not cough quite so often;

and at night I rested well, semetimes coughing three or four times, at others more.

"This brings me to my situation at present. My breathing is somewhat harried and difficult. I have never used any braces for support, and I can almost as free from stooping as I ever was. Me vaice remains clear and finn as formerly. Asserte good, and find no injury from the free use of all wholesome food. I rest pretty well at night; sleep mostly on my back; lying on my side induces coughing, convenily the right sale, but not so much but that I frequently full adeep lying on myside. My strength his failed to some extent, but I can ride or walk about most of the day. I never is down except an hour or so about uson. I have night-excuts, not very conion-evening mostly on mr back. Have been troubled of late with pain in the small of my back. The great difficulty appears to be in my right lung, near the upper part. During the space of twenty-four hours, I raise about a gril, one-half of which will he frother, the other a dirty vellow mucus that floats in water, except sometimes a monthful or so when rising from bed in the morning. In the early history of my disease I used Dr. H .-- 's inhaling medicise, let found no relief-enther injury, and through the advice of a friend I tried J --- 's Expectorant. This was only about five weeks. ago. I took half a bottle and then quit it; it produced too has a state of the bowels, and brought on night-exests. At present I am using to medicine except a powder given by my physician for the night-scena, and syrup of morphine-about the proportion of one grain per day. I am using at present Port wine as a stimulant,"

Case VI.

Mrs. S. T-, of Muchester, N. H., wrote, June, 1854:

"Du, S. S. Fram—Kord Sir: As a bely friend of urine, and once a patient of yours, presented me with a copy of your lectures. I have been highly interested the past week in perusing them. With the obtice of my friend I write asking your kind advice. I am quite house; have thought perhaps my left long was somewhat discussed, Have consulted several physicians; they all say my longs are not discused, or no local discuss. My throat is seen by spells, seems to extend up to my left our; have been bearse since two years last October. Am not subject to rough even when I have a cold. Took

cold two weeks ago; coughed last week some, mised some thick yellow phlagm, but large fiel rather sore when I cough or back. Been short-breathed for nearly two years; on my left lang scarcely ever get a long breath on that side; at times I think my long is swolen, a weakness at the bottom part of my long, or what some physicians say is right over my heart. At times I fied a weakness, a sort of screeces, when I more my loth arm, and arm field a weakness, a sort of screeces, when I more my loth arm, and arm field weak down as far as my elbow. I have plenty of blood, and it soems to sirculate well, so Dr. D.——, an old physician, tells me, but yet I am hause and short-breathed. I am thirty years of age, of medium height, have blue eyes, laze not very light nor dark, rather slim. I sometimes field as though I wanted to let my shoulders fall forward to rest; am subject to the sick-handache."

CASES IN WHICH CONSTRUCTION RESULTS FROM SALT-KHECK AND OTHER SECUCIO, OR SELV DESCASE.

Case VII.

Mrs. E. A, of Poterboro, N. Y., wrote me, Aug. 16, 1856

"Dr. S. S. Frien-Dear Sir: In consequence of the deficate state of mr health, I sen induced to consult you, hoping that you will, by the Divise Providence, be able to afford me relief. I was been and brought up in the north of Scotland; was morried at the age of seronteen, and am now twenty-seren. I am of slender figure, rather, tall, chest flat and inclined to stoop, there hair and eyes, thir complexion, and am subject to authors. I am troubled with short brentling, headache, pain in the chest, neck, spine, shoulders, back, stomack, bowels, sides, and limbs. I have secures of the threat, weak rotes, and hourseness; have had a cough for three years, and raise a great deal of tough phleger, and sometimes vorsit up froshy plicen mixed with yellow motter. I cough most mornings and evenings. I have fever and night-sweats, also pulpitation of the heart, over storageh, distress and pressure at the storagel, namen, often to vomiting wind, with a sinking, exhausted, all-gone feeling at the top of the chest and pit of the storagh, appetite capricions, boxels contre, blind piles, work buck, gravel, cold feet, and an easily calmaged. I sught to mention that I have always been subject to the rall-riessa. Semetimes this is our builty on my hands, and then again at will discappear. When it is out I feel much better otherwise.

But when it disappears from the hands, my cough is worse, I expectorate a great deal, and all my symptoms are greatly aggravated,"

Here is a distressing catalogue of its, all having their origin in this poisoners himser, which, when developed on the surface, is called anti-choos. In a little time longer it would have terminated in true consumption of the lange, as it has for three years been fastered there already. It is perfectly clear that this case could not have been cured without removing the humon.

Cost VIII.

Mrs. M. T, of Corinna, Mrs., wrote me, May, 1855:

"Dr. S. S. Fram-Dear Sir: Having seen one of your books of Six Lectures, and Loping that you may be able to give me relief, I desire to state my case and ask your advice. I was born and brought my on a farm in a new settlement. When I was between eight and twelve years of age, my mother said one day as she last company, and speaking of the braith of her children-myself being the third-'Martha is well enough-nothing over alls hor.' I was then short; thick, and straight, and fived with my mother till I was thirteen years of age. My purents were poor, and I began to work our for my dother. When fourteen I worked two miles from home through the summer, and walked home and back again. I frequestly got up feet and legs poisoned in the woods the same emmee, so that they were a raw sore from the toes to the knewleint. I wailed thru in new run, and took a swallow at the mass time to keep it from my mouseh, and it disappeared. Father says that that sunner I began to grow round-houldered. The next summer I worked in the same neighborhood, and walked home as often: I worked hard through the week, and walked to meeting and bestr or the Subloth, making a walk of five miles. The next spring I was sixteen; my stomach weak and my health poor. I overworked my self the most summer, and had the liver complaint in the full. I then trok calcand and blue-pills, after which my health revived; but I was morbled with a cough, if I took a little cold, sutil I was murried and had children. I married in my ninetcenth year, I am now thirty-six years old, and have had six floble, sickly children. They are not healthy till they are wested and got their teeth; then they

are better. The most of them had a very bad humor when they numed. It has almost worn my life out to take care of them—they have been sick so much of the time, day and night. The oldest is affects, the youngest two years old.

"I have unjoyed better benith when I have nursed than at other times. I am always weak, especially after confinement, and never able to sit up all day for three or tour weeks. My buck is west, and I am weak all over. Seven years ago my nursing linbe had the cankerrish; my breasts became conferred; I could not heal them up, but wenned my bube. The next bule I had was a terrible source of trouble for six months; my becasts were a raw sore the whole of that time, and my child crying day and night. I tried every thing I heard of to heal them, but to no purpose, until I took jedine to plysic my blood, and applied nitrate of eilver to my brants, which healed them up immediately; but in taking the isdine I took too much, and it weakened me very much; but the weakness seemed to settle in my back, and it has never been strong since. I have not been able to go to church but four or five times for three years. Two years ago my last hole was born, and since that time I have remained weaker than before. One year ago this spring my bake had the canker-east, throat distemper, and fever. The care of him about finished me. The bate being womed, dried my milk, and I became discylerated, weak and sees across the lower part of my howels. I could not sit up more than half of the time; could do no kind of work but it hart the bowels where affected. I could not sleep nights. If I rode or walked out days to take the air, my back sched hard. When I awoke in the morning, I could not bear to have the children walk on the floor, or jar my chair or bod, on account of this tenderness; still I find no bearing-down pain-only a heated, burning tenderness. I took errop of iron to bring about regularity, and commenced flowing after six weeks, and flowed till I could not rise up in my hed without fainting. I began to sit up after two weeks. I tried to wash a few clother about three months ago in a cold day, after I had been unwell seven days; I was weak, and it strained the lower part of my bowels. I took a had cold, and it settied on the back of my neck, and downward under my right shouldecidade. I packed my shoulders in cold water two nights, which took out the seemen, but left me with a dry, lucking cough, somewhere about my threat; it seems to me that it does not go more

than two or three inches below the hellow of my neek. I do not cough mach; sometimes a little ence a day, when I am tired or after cating sometimes. When I rise up to dress in the meening, I do not enise any thing-it is nothing but a day look. I do not breathe antirely clear sometimes after 1 eat; if I eat milk it makes me cough a little, but I cannot nell where it originates. I am very week and low, and if I work half of the time I have to its in hed the other half. I have no pain in any part of the body-only a weakness in my back. My stomach used to be very week, and my mouth and gums after very sankery; wind often in my stemuch to distress me; but I think ing stormed is better than it used to be, or I um to weak below I do not feel it so much. The humor I had in my breast was called the souddle by an experienced physicism. My virtuals art well on my stormen if I can that which is very light. I am loan and bend fanward; dark-brown heir and dark skin. One of my sisters lingered with communition, and died after ten mentls; another with the heatic, and another has been an invalid for ten years."

COMPLECATION OF DISSERBIES PROM HUMON.

CASE IX.

In the following statement the render will find clear evidence that humar or possin in the blood may give rise to the most ansoying, even distressing and protracted disorders of the vital organs, and tend eventually to develop true consumption. It is made by—

Mrs. E. A. P.—, of Canton, St. Lawrence Co., N. Y. Showtone me. August, 1884.

"Dr. S. S. Firen—Dear Sir: Your Medical Exponent I have permed, and have come to the conclusion that I would consult yet by letter, giving you a detail of my case. I have been for the last three years treathed with a decanged stomath, spitting up of field after eating, soon stomach. At times I would seem to be better, and then again as bad on worse than over. Until sixteen mouths sizes I was prostrated on a sick-bod. My symptoms were pulpitation of the heart; at times my heart would cope to beat, and then consistent with a bound; at times a sums of sufforation, and could not at times lie shows, but at historical up in heal; costed tongue, loss of appetite, with a great deal of distress and scenars at the stomach, and

costiveness. I employed an apothecary physician five mentle; during that time I seemed to gain but little. At times I would be a little better, and then wome again. My physician, I suppose, became discouraged-his visits not so frequent-until at length he censed visiting me. This was in August, 1853. I was at that time able to sit up a great part of the time, and to ride some. I then obtained a strug of a coot-doctor, which relieved some of my complaints. I had before for months been obliged to use a syringe daily to obtain an evacuation of the bowels, as my physician dated not give me. physic, it so promised me. By this means my towels became quite regular, but still there remained weakness in my left side, with a drill pain in the region of the heart. I had dyspends in its worst. form, and could not eat the convest food without great distress; every thing taken into the stomach-even a drink of cold waterwould sour; and in this condition I remained, feeble and nervous, through the free part of the winter of 1835 and 1854. I think about January I became so debilitated that I pretty much gave up all booss of recovery. I, however, began to gain a little, continued to gain slowly through the spring, and have been able to oversee my housework, and do some light work up to the present time. About twoweeks since I was taken with a most distressing cough, with soreness of the large. I had previously taken no cold that I was aware of. This cough did not abute much for about ten days; during this time I was attacked saddenly with a violent deling, and in the course of a few hours it broke out in blottless from the size of a play's head to that of a dollar, completely covering the surface. While this lasted, which was about four days, my stomach and side felt better than they had for months. I never experienced any thing of the kind before, and I did not know that I had any humor in my blood. This hunter has now all disappeared, and my ouigh does not trouble me much, except a slight harking occasionally. Yar a few days my old symptoms have been growing wrese. Having told you what they have been, I will now endoayer to tell you, as plainly as possible, what ther nor are.

"To-lay, whenever I attempt to draw a long breath, it causes a sharp pain in the region of the heart, extending to my shoulder and collar-hone, with a weakness in my left arm. Going apetairs, or much exercise any way, takes away my strength and breath very mark; any solden emotion will set the heart fluttering rapidle. At

times there is a sudden sensation of an indescribable rotary motion of the beart, as though it turned over. I often awake at night with a sense of sufficiation, which causes me to start up sublerly and grap for broatle. I have been wholly amable to obtain any rest on any left side for the past year. At times a dull, heavy pain in the heart or therealisate, or more generally a weak feeling prevails in my left side. so that when I breathe deep, I after place my fund to my side to support it. Any food, however course or adapted to the dyspeptio. or whether partaken of in large or small quantities, sours and causes much distress. My appetite is quite good at present-soughing none at all. I have also a weak back, with an occasional sensation of heat person the back and hips; often a severe pain in the head, with data or wells before the sight. I suffer somewhat from the piles. Some shys I labor a little. I do not generally lie in bed any more than a well person. I am exceedingly nervous and soully disturbed. And now I have great thith that you can afford the wished for relief?

This case is corable in every particular.

ASTRONA DIDICION BY THE DESPINA IN SF A SCHOPLING BUNGS.

CARL X.

The parient describes his case here—which is one of severe and protracted asthesa—without suspenting the true origin of the discase. Incidentally, however, he discloses it, and we see it to be a humor, which first made its appearance in the form of a swelling under the arm. The case is that of

Mr. J. D, of Barham, C. W. He errote me, December, 1856)

"Du. S. S. Frica.—Dear Sir: I have been trying to see out of your books, to guide me in giving a proper description of the discuss with which I not troubled. Not, however, seeing your book, I hope the following will be satisfactory. It is no I feel.

"I am now about twenty-three years of age. About eight para age I but a large swelling under my right arm, which continued for about two weeks, and then went away again of its own second. But I but severe headachs, with giddiness; also pain in my right side for about two years after the swelling left me. Then I was taken four with the billous fever for three mouths. During six weeks of that time I was so low that I could not belp myself, being so very weak.

All the trouble, I thought, was in my right side. The pain use very server there, and I could not lie on any other part of my body but on my right side, where the pain was. This makes two years and three mouths. For one year afterwards I continued in a largesting state, still a pain in my side, with gibliness and hendache. Then commenced the nethral, the first of which was a stiffness in my right shoulder, with severe pain when I attempted to move my arm. It lasted about a week, shifting from the shoulder to the back of the neck; then left me for a week, came back upon me again for another week in the same manner, and then left me altogether. But the asthma continued, with pain in the side, less or more over since.

"When the authors connected, about flow years and nine months age, I had it about one week in every month, and it has continued increasing ever since until now, which is every week; and the week I have the authors there are generally three or four nights I cannot by down in bed. When I cough it seems as if my longs were cle-

sing up my windpipe and choking my altogether.

"I have tried a number of the best local doctors around me. I generally found their medicine do me good for two or three weeks at the first; after that I thought they made me worse, and had to stop taking their medicine. I am a temperate man; but the only or best thing I found to do me any present good, when the method was bad, was a glass of strong brandy. I also not tobacco by sun-king it; I think it helps me. I have tried to give it up altogether, but I found I could not, on account of the authors being worse when I did not use it."

Case XL

Mr. A. McH-, of Camousburgh, Mich., wrote me, Feb. 1857;

"The Price—Dear Sir: I wish to get your advice on my disease,
I have confidence that your remedion with your advice will care me.
Six years ago I was afferred with salt-therm on my bands, and in a
year it disappeared; then I felt a pain in the right side, under the
last short-rik. On drawing a long beauth and when walking fast, I
can how a whorzing in the right lang, which seems to run down as
low as the disphragm, and often I find a tickling low down in the
right side. When I walk very fast, and draw a deeper breath than
mend, the tackling produces a backing cough; and by a great effect

I mise little clots of yellow and greenish looking matter. Mach whereing; and if I walk fast enough to produce a perspiration, my skin feels prickly. After enting and at night I feel very feering: at night I am often restless and full of fever, head feels fall of Mosel, with a ringing in my right car. Often I by and turn from side to side, and get no sleep all night; and when I rise in the numing I feel all gone, worm out, had trate in my month, a dall, heart feeling in my head, with no inclination to sir out of the house; and before I rise it seems impossible for me ever to get out of my had again, so were cut are the powers of the body for the want of a good refreshing sleep, which seems to pull me down the most. After I go sen and work a white, I generally feel a little better, and I in down and eat a hearty breakfast. My appetite is always good, but the food sometimes sours on my stomach; I am costive by spells, whom I field worse; I often have a hearingho, with dail, drown finding. When I ride horseback, the jolling causes a pain in the right sile, make the short-ribs and up midway of the clast, with a sort of dragging-down, as though something was tearing loose, and then the pain is so severe that I can hardly draw a breath. Other I fed no ambition, and no inclination to do any thing; feel as though I wanted to be alone, to sit and think, and I have a great dread. I often wake from a restless sleep in a great fright, and it takes me some time to get righted and find where I am, and that it is all right with mr. When I gape the pain catches me under the short-ris, and it were as though I could not draw a deep, full breath. I get a bouth down as far as the short-rib, and there the pain edge me, and it can go no further down. Five years upo I had the chill fever, and since then I have never felt well. At that time I felt a ringing in my head, with now and then a spell of agest. I find my consiststion failing. I can yet do the work on my farm; but I often fed as though I seemed topself, and then I feel a severe pain between my shoulders. I am five feet eight inches high; thirty-two inches resulthe waist, two inches above the hips; dark complexion; dark hiel. I are twenty-three years old. My mother was affected with eittheurs, and died of pulmonary consumption at sixty years of age; my father is well-no disease with him; he has a family of ten deldren, were affected with humors such some healthy; one siner ded of communition. I have a straight form; when not very full beauti deformed; have no cough, and I think no consumptive symptoms;

sometimes I have spells of strangling, choking, and fainting feelings (they are the second in the summer), and I feel as though I could not get a brenth, and when I wake up I feel scared, as though I was going to die. I have a bossome feeling, and wish to have some one to speak to, and tell me what has happened, see. I often have had dreams, and wake in a great fright. Thave had had noth for years; some of the back teeth are full of scarry, and one side is so had that I cannot make use of it. I have been married one year; no family. Piense write to me soon."

Here is presented a complication of disorders, for which so doubt the liver is to a considerable extent responsible. But many are to be attributed to, and all are aggrarated by, the edit-ricem poison, which has been repelled from the earlier, and fastened on the internal organs.

Case XII.

Mes. M. D, of Hayfield, Penn., wrote me, January, 1857 :

" Dg. S. S. Frren-Sr: I have read your 'Guide to Health,' and here made up my mind to address you by letter, trusting to your generasity for counsel and perhaps medicine. My name is Margaret D-; fifty-four years old; residence, Crawford county, Pa.; have been in the liabit of sewing; family consumptive; born and brought up in the northern part of York State; lost my husband three years ago; always hall delients nerves; very flishy; height five feet seven meles; size around the waist, twenty-sight inches; dark-bown hair; complexion light; have suffered much from self-theum, but it has entirely disappeared; two years ence I had a cough and night-cueats all winter; last winter I had the nouralgia; a lightning pain under my left breast and left shoulder, which prostrated my nervous system very much; but spring it left mr, and a distressing rough came. in its place, with general debility, some pair in the chest, pain over the eyes, in the cheek-base, and ears. This cough is not like any other that I ever say. I do not cough through the day; but when I be down at night a dry, hard rough begins and continues for some time, and after a few minister a clear, tough phleger rises in my throat and comes up without much effort. I then rost till near morning, when I cough again. I work all day; go out when the weather is fine; I have a pretty good appetite, and have gained in fiesh since lost September. I have not taken anotherary medicine

to a number of years; I generally prepare my own densing symps—unule of roots; lowels regular; heart heats too hard sometimes; a little excitement appears to do me good, but too much is had; sense of smelling involved."

EXPLANCES OF CONSIDERANCE CONSCIENCES, ATTANDAL WITH BEIGG-

Case XIII.

The following case presents many interesting features. The patient has detailed the history of his complaint minutely and intelligently. On carefully examining it, it will be observed how the various circumstances and influences to which he was subjected, all tended to kindle the intent consumptive tendency in his constitution into active disease. It is particularly interesting to notice how quickly the lungs were thrown into a congested condition, and bleeding induced by mechanical conver; also how obserty it appears that the blood and fluids of the system are the sent of this something, called a tendency or preclipsocities to consumption. The benefit of my recommendations will be seen. The tase is that of

Mr. A. N. P, of Macon, Ga. He wrote me May 20th, 1856;

"I neer hasten to he before you my man, as near as possible. In the first place, I believe that consumption is partially benefitary on me factor's side. I do not know that my mother's family were ever subject to it at all. My ago is thirty-two has April. I am by secupation a mechanical engineer-residence as above. I was been and freed in the State of Mame until I was about nine years of age; then removed a short statunce into New Hampshire; fixed in the New England States until I was twenty-one years old, and then come South. I led the whooping-cough at seven or eight years of age, and have always had a cough since, but never suffered my pain from it, unless it was by too much exposure to cold, &c. There was nearly a free expectoration with the cough, which remains nearly the same yet. About nine years ugo I discovered the muon to be estered with blood, and felt uncasy about it; but I took some filter ted and a few times, and had no more trouble at that time. I was starried soon after. The next year, in assisting to rules a pump our of a well, I lifted protty hand, and a little after-way five minutes-1

commenced spitting large quantities of fireds frothy blood, but did not experience may further inconvenience from a than a temporary prostration. About a year and a half afterwards, being as ragged as I look ever been in my life, I started over land to California, and was exposed a great deal ; I lived on the hardest kind of fire, but never was benefier in my life. I started to come home by Parama, but owing to shortness of supplies, the ship put into a small place in Central America, and thirty of as crossed over, and come out at Beline, British Hondurus. Before I could get away from there, I was taken with the bilious fever, and was near dying; but it pleased God to mise me up, sufficient at least for me to take passage for New York, where we arrived about the 26th of June, 1851. When I got to New York I had a sented case of fryer and ague, which lasted until frust, and which debilitated no considerably; Lett my health was tolerably good from that time until a year ago last January, at which time I was much exposed to cold damp air and wind, when I commenced spitting the bloody much, and also having pain in my side, soremen, &c. I became meser, and quit my job and went home; but was still smable to get rid of the soroness in one of my sides-I believe it was the left. My physician told me that it was a slight case of preumonia. I did not get rid of the sureness until I used some Criston oil Infinent. This took away the screeces; has I still had night-events, and expertorated conjundy, sometimes of the bloody has.

"I went on in this way from March until September. Some few times I raised a little fresh blood during this time, but it could generally be traced to over-exertion. I was also troubled with some stouach, heartburn, &c. But in September a kind gentlemen placed in my bands your first edition of "Six Lectures," and as some as I reached home I commenced bothing my chest in salt and water, using the friction, &c. Since that time I have raised but little bloody mucus, and if it occurs at all it is generally when from some come I neglected the bath, &c., for a day or two. I have very little, if any, night-ownest now; and, by attoiding the more laborious parts, have been able to attend to business ever since I commenced the butling. I was not disabled entirely before, but the bath certainly was, and still is, a great help to me.

"There was a little circumstance occurred after I had bothed a mouth or two, which I was particularly anxious to by before you. There appeared first a lamp or exciling under my left cur, and sense thing inside secured to become swellen, which I thought might be the tensil; meanting the left cur was quite sore, and had some itching sensations; and after a week or trea the cur commenced discharging matter, and has continued over since. I have never consuited a physician about it, but rather concluded that it was catarri, and that it might help my image. There are also quite copious discharges from the none, and frequently are quite bleedy.

Case XIV.

Mr. J. Von N-, of Charleston, S. C., wrote mr., July, 1838;

"Dg. S. S. Frich—Dear Sir: My friend P—— (who has been using your remedies for consumption) met me on the 4th inst., and strongly advised me to read your book of 'Lectures,' at the same time offering to loan it to me. I accepted his kind offer, and have carefully read it through, and the result is, I have determined to call on you as soon as I get to New York, which will be near the 1st of August. That you may the more readily understand my case, I will give you a few particulars.

#I was born in New York State, and come to Charloston in the winter of 1850. Previous to coming laws, I was of a most robust, hearty constitution; never a poin or an ache-in fact, never knew any birt well days. My weight was one hindred and fifty pounds. My second summer here I began to lose my color and field, and so ensionally was sublesty scired with a tickling sensation in my throst, earning me to rough, and what I misst was blood. Ithought asthug of it, for being a hearty oner I suspoud it came from my steruch, particularly as I felt un soromus after it. These slight latturthigos continued, at intervals of three months or more, until July, 1857, when after very severy exertion I raised perhaps a gill of yere blood. The physician personneed it to be from the lungs; but still I had no estigh or other symptoms of consumption, therefore took no medicines. In June, 1856, I was acised with a hemorrhage white feeling perfectly well, and missil in two days nearly three quiets of blood, leoldes nearly stranging to death, for my mouth could not discharge it fast enough, it posted out of my nose. My physician said "my large were too large for my body, and contained too much blood for the wants of the system, bence the necessity, I suppose, of a wastepump. I bled, and he purged and blistered, and I was soon reduced very much. Now for four works I was confined to my room; the first time it had reduced use. In March, 1830, I had another attack, which in spite of medicine and blisters continued without consultent twenty-three days; the discharges growing has the last time days, until it (the lung) gradually healed up. New, for the first time, I had a cough, and uniced a little every day. The 5th of this month I was again seized, but not having the time to quare to purge and blister, and luning read a little in your book, I treated my own case, and stopped the bleeding, without an ugly blister all over my breast 'to draw the inflammation out,'

"My father was first attacked, when about thirty-five yours old, with a pain in his side and mitting of blood, and in a few months fied. My only sister died with consumption and dropsy combined in her twenty-errenth year. My mother is a strong, healthy woman, and talk this to live long. I am twenty-eight years of ago, five foot six inches tigh, black hair, hard eyes, &c. Independent of my lungs, I enjoy perfect freedom from pain. I have every morning a tickling equation in my throat, causing my to cough; cannot expectorate fivels, but feel a tightness across my chest; when I expectsrate ever se little I un relieved; what I raise is very veller, and tages like the yelk of an egg. My sleep is sweet and refreshing; my appetite poor; weight mer one hundred and ton. I don't know the meaning of dyspensia practically; all I have to do is to out when I can and forget it; howels regular; occasionally a slight touch of piles; sometimes a touch of rhounation. I am married, but unfortunately let my wife go to New York last week. Can't read aload or sing without coughing. Creumstaness not to be mentioned; tosay the least, they oblige me to work hard and take active exercise. Touth very good, but most of them false. All other particulars given when I get to New York. If you can care me, my friends in Charleston will unsider it a protty fair transaction."

CASE XV.

Mr. H. G.—, of Hamilton, C. W., wrote me, November, 1856; "Dr. S. S. Pircu—Sir; To-day I needentally come across one of your late Almarocs, and after realing a portion of it to "Communition," I have concluded to send for your remedies. I will state my case. About twelve yours ago I was attacked with inflammation on the lungs, from which I partially recovered. About two years after I led mother attack, from which I also portially recovered; and from that time, up to the last three years, I was occasionally sick for two or there-days at a time, but not seriously so. For about three years past I have enjoyed very good health; but now, and for a short time past, I feel as though there was something aroug with ny lugo, and am satisfied that unless I may check or prevent it guing further, it must end in consumption. My symptoms any shortness of breathing, whosping in the clost, unable to draw a long becath without considerable exertion, contraction of the chest, and a little screens at the bottom of the lungs, just at the edge of the short-rile, a slight spitting of blood occasionally, but no bicoling from the lungs, nor any cough whatever. Those are the principal sympasse. I of course do not know what remedies to apply for, but leave that with you supposing you can tell what I want from my symptoms given you,"

Case XVL

Mr. A. P, of Study Creek, N. Y., wrote me, Oct., 1856;

"Dr. S. S. Frrem-Dear Sir: On the recommendation of some of your patients I write you for advice in regard to my health. Mr. business is blacksmithing, and I have worked at it for thirty years, Two years ago about this time I was shoring horses, and necked very hand. When I got so tired I could not work any longer, I would take a drink of hrandy and work on the strength of that tatil that was gone, and then report it again; perhaps thing three to four drings a day for some five weeks. One day I commenced bleeding at the lungs. I probably bled a pint, and the blood clotted in my lung. I commenced coughing, and running down until I became a complete skeleton. I tried all the physicians in this vicinity, but to to purpose; they all gave me up. I would discharge from the lungs more than a quart of blood a day. This eletted blood world come from my lung in large black chunks; it would seem the morn so that the people could not stay in it. This lasted nearly two works, and then a was not quite so offensive. After the cionted blood got out, there was an absess formed on the left lung. I became so bad that the neighbors were called in, expecting every five mission would he the last; but the next morning I began to recover, and in the

course of four months my lung, to all appearance, became sound. I began to flesh up, until I got my usual weight, although I have not had my strength since, though I have been able to work at firming most of the time. This was two years ago. This summer my rightlong became affected; it lasted very near all summer. Now it uppears well, and the left commenced bleeding two mouths upo. It discharges some three times a day. There a spell of cougling in the tight, and raise considerable; it hats from half an hour to an hour, and then I will be quite confortable. I seems nights; through the day I hawk and raise more or less. I am new in a busineo that agrees with me as well as any thing; as I am out rolling most part of the time and in all sorts of weather, but I am careful to keep my feet dry, and also myself. I see better to be stirring out in the open air than I do to be in the house. I am forty-six years old, have always surked land, and the neighbors soy I have too much ambition. One of your patients says my lungs are similar to what his were. He calls himself a new man, and I know he had an aboves in one of his lungs; I don't see but he now breathes as mitural is my one. On my mother's side they are consumptive. I have quite a full chest yet, but I can see it falls in some.

"My brother in law has been using your medicine for a year or more. He thinks he is recovering his health; he has stock to it faithfully for a year; is now able to work, which he has not done in two years before; he has worked two morths quite hard, and is still improving."

CASE OF HIPATIC (LIVER) CONSCRPTION.

Cost XVII.

The following case has evidently been obscure to the physicians who have prescribed for it. The permuy and of the difficulty is the fiver. The patient indulyst his appetite too much, and the fiver in consequence became weakened and congested, dyspepsia was induced, and the whole system suffered. This occurring in a constitution where there was a scrofislous disposition, discuss begun to be actively developed in the lungs, which would, unless arrested, have ended in consumption. The case is that of

Mr. H. G. C-, of Amberst, N. H. He wrote me, Peb. 1357;
Ohn, S. S. Frrem-Dear Sir; I wish to address you in regard to

my health, in compliance with the suggestions contained in recent advertisements of yours, published in the New York Weekly Trib. me. My mucis Henry G. C ... ; I am a twin; age, twenty years and eight months; occupation, farming. My address is Amberst, Hillshore' escuty, N. H. I was been and have always lived in this place. My father's family were scroftdons; several died of consumption-in some cases attended with throat discuse; in some the disease seemed to be rapid, like consumption of the blood, without much cough. I am of rather slender make; my hair and whiskers my dark-brown; even, dark-blue; complexion, rather dark; height, five feet eight inclus; girth just above the him, twenty-seven inchesbelow the arms, three feet. I raise a little losse, vellow phlegm. I am apt to have a roughness and irritability of the throat I cannot not the vital organ much, at times, without fitigue. There sever considered myself as burger; my mother is much troubled by errsipelis humor in Ler Josep limbs. I was told by a physician hat autumn that I had as howard homor. I have constinue had come slight pumples on the face; my skin on the body is rough-always. was, I believe. Thave been subject to 'n number at the nome about all the time, ever aree my remembrance. My digestion has been usually good; love been active, and have been a great enter, though not intending to be gluttenous. There not felt able to labor hard since the latter part of last September. My appetite has been generally good since then; I have been upt to over-ent, and have not exercised much at times after eating a very full meal. There seems times felt a fieling of opposite fidness; sometimes a shill, heavy pain across the small of the back. I have been colled billion by Acetore; I un inclined to be contice, and think that I should suffer our siderably from this cause, if I did not adopt a plain, coarse, and chiefly vegetable fiet. I have been troubled, at intervals, since the summer of 1818, with a grinding and disagreeable pain is the right side, just above the hips: it is often brought on and aggravated by such work as horing, digging pointers, mowing, pitching, catting down trees, or my side-trying labor. Since feeling it, my mind and spirits have been much affected; I have been troubled with great depension, racharcholy, and confusion, and sometimes I have almost trembled for my unity. Every thing looks gloomy-I feel so courage. I did not predicted much the those difficulties till last spring, when I got to be nearly sick. I went to a homocopathic practitioner,

who referred me, but they recurred about the first of last October, since which time I have used various remedies, but without much permanent benefit. I have taken homospothic drops and powders, one week each; also two quarts of burner syring, a few doses of liver, anti-bilious, and nervous pills, and two bettles of expressed bitters. I have practised some bushing the whole body is cold water mornings, and have sometimes worn a wet cloth on my sides at night. There not taken much of any other medicine during my life. At present the pain is not confined to the right side; it changes to the left side of my back-it rarely or never aches at both sides at once. Sometimes I have pain person the small of the lock. I used to be much treated with backache when doing ecoping work. I an able to walk a mile or two without injury when I feel best; but my strength is much reduced. My blood seems to be pass; I feel the cold sensibly; my feet are inclined to be cold; I feel much better some days than others; at times I feel disinclined to make the least physical exertion; I generally sleep protty well-am numetimes very sleepy in the evenings. I believe I have stated my sympastes with sufficient particularity. I would like to know your opinion as to the name and nature of my ailment."

CASE OF CONSUMPTION FROM MICHANICAL PRICET.

Case XVIII.

Mr. R. H. P-, of Chaplin, Conn., writes me June, 1856;

"Saucur S, Frron, A. M., M. D.—Dur Sir: As my health levery bed, and I have some fears of the bargs being affected, by the adrise of Mr. J. G. P.—, a gentlemm who has been under your treatment, I take the liberty to give you a fair statement of my case as I um and have been for some time. I am now in a store more of the time; have sold at auction until I could not speak; then stopped for a time; sold some hat winter and speing. I think this has hart me. Some four years ago I was thrown some distance from the cars against the rocks, in the State of Pennsylvania, and I think I have not recovered from the hart; I struck on my right shoulder. I discharged a considerable blood at the time from my nose and month, and when I had a passage of the borels blood would attend it. This kept me down for some time. I got some better of that, When I was able to do any thing again, I found that I was troubled with sharp pains and a lard cough, and sometimes spit some blook. The
pain would be sensetimes on one side and then on the other, with a
dull pain between the shoulders. At the present time my throat is
very sore, an quite hourse, large a very lard cough, and raise a
great quantity of yellow, frothy matter when I get through oughing. I am very weak; if I lift any weight, it gives no much pain.
As quick coursis puts me out of breath, I feel, as we term it, large
all the time. I large taken some medicine; the great cristeened Dr.
B.—, formerly of New York, prescribed for me; also Dr. B.—,
Dr. O.—, and Dr. R.—, of Williamstie. Dr. O.— has been
my family physician for several years, but I have taken his mellisine
with but little effect. I am now under Dr. K.——'s treatment.

"Mr. P—— placed year books in my hands this meeting, and I find in your small pumphlet, headed "Threat Affections," what I think hits my case the nearest of any thing that I have seen. My constitution is broken down—it was good; I never had much outdoor exercise; class, medium size; very stent, not flosby; measure thirty-even inches around the waiet, thirty-two inches above the hips; my complexion is light; hair and whiskers notifier light nor dark; eyes, blue. Our family are subject to the consumption; my grandfather on my mother's side died with it at the age of thirty-four. There were too children in our family—five dead and five living; two brothers and one sister died with the consumption.

"Dr. O--- is a botasic physicism, and very popular. He has spoken of you to me several times, but I thought that I should get well if I took care of tayself. There is one thing I emitted to mention; that is, when I shoke up nights, before waking, I have berible dreams; I sometimes think that some one is cheking use to doorb. My beight is six feet; weight, one hundred and the pounds; large frame,"

How is a strong horselitary tendency to consumption, and in the ordinary course of creats, the discuss would some or later, no fivalst, have been developed, unless measures had been taken to pretent it. But it is plain that the injury received from being thrown from the care had much to do with accelerating the discuss. Had this not occurred, many more years of comfortable health might have been enjoyed. CARLS OF POSTIERNOUS COORDINATION -OR ADSCRIBE BY THE LUNGS.

Case XIX:

Mr. H. H, of Oberlin, Ohio, writes me February, 1857:

"Da, S. S. Frren-Dear Sir: I would embese the opportunity you so kindly offer of consulting you in regard to using your medicines. I have just emmosteed using your Amidations Maxture, Pale mounty Balson, and the Pulmoury Eniment, and think that I have already received some beauty from them. But I prosume that I ought to have other remedies, and if you will answer this scon, and state what I shall use and how, I shall be greatly obliged. I will give you, as near as I can, an idea of my condition. I am twentyeight years of age; reside in Oberlin, Ohio; was born and lived till ten years of age in Connecticut, since then in northern Ohio; no case of consemption in our family as far as I know; all generally robust and healthy. Three previously enjoyed good health. About the middle of last April I was taken down with what my physician galled billions presuments, which kept me-in hed five weeks. During this time what he called a perennial abscess, or imperfect fistells (it being open only externally), broke out, discharging a good deal for some time, but seemed gradually to heal from the bottom, the discharges gradually diminishing up to the present time. It now discharges but little, and it seems to be of but little depth. I had some cough the latter part of last winter and early part of spring. While I was sick I did not cough much, but on getting up, the cough returned, dry and lucking, though after a while I sometimes raised a little blood. I spent the summer and part of the fall in Connecticut, and regained my strength and flesh in part only. During the fall and trinter I have coughed considerable, mining some mucus, and semetimes a little blood mixed with it, but have noticed no blood. for near two months past: the macus is now of a yellowish shade, sometimes bordering upon green. I have had but little poin in the chest; wractines a lamoness in the affer-right side more than the left, and frequently changing from right to left, or from either to the hack or right shoulder. I have had considerable pain across the hick in the region of the kidneys (urine of red color). I feel it more particularly when flightened, or excited from any came; fielat such times a kind of general 'governos,' with violent beating of

the heart, and my heart seems at times to have a kind of a labored, double beating. I have had considerable sickness at stomach, with sourcess or acidity, vanisting often, unless very careful what and how much I ent; appetite generally good. In summer, was part of the time spite costive, but more recently bowels most of the time quite bose. I do not have much pain—some days a little, but not generally unless I overload my stomach. My strength is pretty fale yet; I could walk four or five miles without being much tired, if I nock it 'cook' but running up a flight of stairs would put me out of breath somewhat. I have no night-sweats, and have not had, with the exception that when I was sick last spring and about two mouths ago. I had two or three shakes of the ague then for a few nights, and sweat some."

Case XX.

Mes. Saval. M. Fan F-, of Floyd, N.Y., wrote ms April, 1850;

"Dut. Freen-Dear Sir: I have a brother that was taken about four weeks ago with information on his large; the inflarmation run about five days. During that time he had a dry, locking cough, accompanied at times with an neute pain in the lower part of his right long. This cough continued about two weeks; then suitletly he commoned raising a vallow, creamy seet of matter. The physician said that an alter had broken on the right lung. When taken sick he was from home; he remained about three weeks, and then returned. He had no appetite, and was reduced almost to the weakness of an infant. We called in mother physician, who redered a change of treatment. It is one week to-lay since he commenced taking this medicine; he has now a good appetite, sits up through the day, and the cough has nearly subsided, and to all appearances is doing well; but after realing your Lectures we feel amious for your advise. Accordingly we will answer your questions. He is nizetoru, in his twentieth year; has abuses worked on a farm mill the last the months-in this time has been analying demistry. Deting this time he has had a stock of cattle to take charge of which has given him out-door exercise night and meeting. He was been and brought up at Trenton, Oneith county; is of rather deficate constitution; beight, five feet eight inches; he is alender; is rather lean; stoops a little; short rather contracted; measures above his hips two fort five inches; heir, dark-brown; eyes, dark-blue; complexion, clear; has a slight headache in the morning; has caturch in his bend; his ribs rise squally when breathing; through his sickness has had night-sevents; no fever; walks in the yard every pleasant day; appetite good; bowels regular; nover sick since a child until new; has taken three portions of calended in this sickness; his voice is good, but if he talks a long time it creates a tickling is his throat; he coughs most at night; sireumstances, works for a living."

CASE OF CONCENTIVE CONSUMPTION.

CASE XXL

Mr. J. H. S- of Pencham, Vt., wrote me, February, 1657.

" Dr. S. S. Frren-Dear Sir: Having for some time been familiar with your name as that of a physician successful in treating discusses of the large, I have concluded to apply to you for advice, thinking to procure medicines from your agent in this place. I give you a description of my case. My father and mother are not consumptive, but both are troubled with cutarch. I was been and brought up here; am married; straight, slim, and lean; strong constitution; naburu hair ; visiber light and freekled complexion. Whether I have nahma, I cannot tell, but leave it to you to say; have had trouble in breathing, at times, for three years, more especially in cold weather, and after exercising in the open air. I have consulted several docters; one told me it was a slight congestion; mother, that it was weakness of the pectoral muscles; mother, that it was broughitis, together with inflammation of the threat and pharyux, and he applied nurste of eliver, with the laryngist syrings, but without effect, as far as difficult breathing was conserned, although it removed a hourseness, to which I had been subject. I have inflammation and I believe conjection of the placyax; am troubled a little with dyspepsia when I out too much; am at times a little costive; my appetite is good. My chief trouble assume to be to get my beauth. I have semetimes slight point in different parts of nor lungs, as much under the breast-bone as anywhere, and they always ache when I have difficulty in breathing. I breathe more freely in the morning than in the after part of the day; Croton oil relieves it for a few days only. I do not breathe very short-believe it is only eighteen times in a minute; but my lungs feel as if they were filled up. For two years I have bathed in cold water nearly every morning, and

for a few weeks I have worn a cloth wet in salt and water during the night. My general health is very good this winter, much better that for the past two years. I have gained ten pounds within three months, and now weigh one hundred and thirty pounds."

Here is congestion of the lungs, not severe, but which would in time, unless relieved, induce tuberculation of the lungs. There is also a conterfial humor about the throat.

With those few selections from the mass of letters written use by invalids, I must close this chapter, as I could not copy from them at greater length without swelling this volume beyond the limits I have designed. In the extracts given, the render will find many of the discusses I have mentioned in former pages very clearly described by the patients themselves.

CHAPTER XXVI.

CONSUMPTION CAN BE CURED.

TESTIMONY OF THOSE WHO HAVE BEEN THE SUBJECTS OF DEL PETCH'S THEATMENT.

Arran having read in the foregoing pages a description of what consumption is—its causes, varieties, symptoms, and complications, with a general view of my mode of treating it—the invalid will perhaps read with interest some additional evidence that, by the treatment I recommend and employ, this dreaded disease may ready be cared. Such evidence I propose to give in this chapter, in the testimony of those who have themselves been the subjects of this treatment. I ask the reader to give the following betters a causiid and careful perunal. If he will do so, he will, I think, certainly conclude that the persons who wrote them, if they tell the truth, had true palmentary consumption. That they have been cared, they are living witnesses.

If my doubt is entertained as to the nethenticity of these letters, I beg that the writers may be indiressed and inquiry made of them. Their names and places of residence are given in full, so that it will require only the trouble of writing a line (inclosing a postage stamp) and depositing it in the mail, to satisfy the skeptical as to whether the letters are genuine. If they are, and the writers have stated only the simple facts, as I know they have, their testimony is of the atmost importance. It settles the vexed question as to the combility of consumption; it does more, it points the consumptive invalid to the system of treatment in which relief may be found.

I am aware that testimonials of cures, given by restored invalids, are often regarded with suspicion; and I am sorry to say that there is not unfrequently good ground for suspicion. It is not a difficult thing to manufacture such testimony, and it is too often done; so often, suited, that no person should rely upon published letters of "wondered sures" without investigating their sources and burning for themselves whether or not they are genuine and truthful. But while the sick should guard themselves against imposition in this matter, they should not be so unwise as to reject off testimony presented by these who assert they have been cured of dangerous diseases. A single fact outweight a thousand faistnesses, and we should not throw away the genuine because there we consterfeits. The part of wisdom is to investigate and ascertain for supplies the truth.

Let us with, that the letters here published were received in the course of a regular correspondence between my patients and mysalf; but the evidence they contain of the efficiency of the treatment employed is not loss valuable on that account. They are of course only a few of the many hundreds of similar once I have received. I state these facts because I am really desirous that the invalids who shall read this book may be convinced that consumption, in well in the other discuss I have described, can be cared; believing that if I can spread this conviction, I shall contribute much towards allegating suffering and saving valuable lives. I again commend the following letters to the careful attention of the reader.

Cost XXII. - Letter from W. H. Bongs, Eq. of Washington, D.C.

"Base or the Mercauste, Wassesson, D. C., December 10, 1856

"Du, S. S. Fircu, New York:

"My door Sie,—I hasten to comply with the promise week to you sense weeks since, to give you a detailed statement of my case prior to placing myself under your care, with the effect produced spot me subsequently by your course of treatment. This I do the more readily in the hope that some one or more of my fellow-beings who may have been so infortunate as to make shipsereck of their health, may see in this a bencon light of hope, to cheer, and perchases to rescue them from their perilous condition.

"In March, 1853, after a server attack of bilious fover, which was followed by a general prostuation of my system, I contracted a cold, which, settling upon my langs, produced the most alauring symptons of consumption—such as spitting of blood, profus night-awards, and a lacking, troublesome cough. My friends were exercisely anxious that every available means of relief should be reserved to and accordingly nothing was left undone which thoughtful care and solicitous kindness could accomplish, aided by professional skill. Under all these applicates my health, as the spring owned, became better, and I buoyed myself up with the hope that, as the summer advanced, I should become quite strong again. This logic remained with me until the latter part of the summer, when, by an unfortunals accident, I was subjected to a severe bemorrhage of the large, which prostrated me even more than I had been when first attacked. From this time up to the period when I placed myself under your care, I led a miserable existence—at times sorely perplexed and dispirited, ready to yield to the approach of despair-and then again temporarily relieved, only to find myself again deceived and disappointed in the various means which I resorted to for relief. Among the remelies which claimed my attention, note seemed to offer so great adrantages as the popular theory of 'inhalation.' I procured books on the subject, and after entirely perusing them I became convinced that this was the only true method of administering for pulmentary diseases. Alas! this was the greatest foundary of them all. Upon submitting myself to the charge of the great apostle of initializion in your city. I was forced to the conclusion, after time and money were both wasted, that however good the system might be in theory, it was certainly villainous is its practice. Finding that it did me more harm than good, I give it up, determining never to be induced again to experiment in any new ductring which prunises to cars every one by the same course of treatment, no matter how dissimilar their cases might be. Some months after the downful of inhalation as a specialty, I came across your "Six Lectures to Consumptires," and because deeply interested in these, for I thought the arguments there used displayed more sound common some than I had ever seen before on that subject. The reading of the work kindied men the frames of lope which had almost died within ms, and I determined to write to you, and, if encouraged, to submit my case to you. In the mouth of March or April of this year I wrote to you, and received in encouraging reply. I then resolved to place myself under your cure; and not being able to visit you at that time, wrote you a detailed statement of the symptoms of my case, in unawer to which you sent me a box of your medicines, together with a shoulder-brace and supporter, and an inhaling-tube for the purpose of expanding the lungs and filling them with air. Accommonting

these was a letter containing directions for my guidance in the me of the molicines. From the time I commoneed the use of these remedies. I commenced to gain thesh, and to feel as I had not done for years. The shoulder-brace and supporter I found every thing you indicated to me they would be. Prior to their use, after a day's writing I would feel so exhausted and weak as to mfit me totally for any kind of out-door service. After using them I ascertained that I could perform the same amount of writing with one-half the fatigue and exhaustion which farmerly accompanied me from my place of bininess. I have now been seven months under your ears, and conassure you that during that time my health has been gradually but steadily improving, and I am now in better benith, can endure more fatigue, take more exercise, and enjoy life generally, better than I have been permitted to be or to do for many years. I know that, with a system which has been no completely enfeebled and prostrated as man has been, great care and eastion will always be necessary nucliaries to good health; but with the use of your remolies, both medicinal and mechanical, and a perfect trust in that good and over kind Previdence which has thus for blessed the use of them to my good, I can look forward to the fisture, if not with positive hope, at least with cheerfulness and contentment. I would not, on any account, be without your shoulder-brace and alstonical supporter and your medicines. I continue to use them, although there is no actual necessity for my doing so. But I shall use them until ordered by you to design.

"There are many points I might touch on which would more clearly elecidate my case; but I fear I have already tired you, and I will bring my letter to a close, merely adding, that if this communication should reach the eye of any one in doubt on this imperuant subject, and he will address me a line to that effect, it will at all times be a pleasure to me to enderror to satisfy such an one with regard to the correctness of the foregoing.

"Leaving you the permission to use this letter, or any part of it.

in any way which may subserve your purposes,

"I am, my dear sir,
"Very truly yours,
"Wat. Howatt Bassis."

Case XXIII.-Letter from John Gordon, Esq., of Ottawa, C. E.

"Arnaus, Orrawa, C. E., October 20th, 1856.

"Dit. S. S. Frien :

"Dear Sir,-Two years ago I called on you as the bearer of a lecter, stating the case of Mrs. Mary Gordon, the wife of my beather, who was then a very distressed and helpless invalid. She lead some two months previously been accordy sick with a violent attack of prysipelas, which had confined her to the bed for some weeks, and which left her much diseased. She was confined to her house, and could not walk across the floor without assistance. Her whole evatem seemed to be poisoned. She had great distress, dirrinss, and a sense of fullness in the bond, pain in the chest and sides—between the shoulders and under the shoulder-blades, with a distressing sinking feeling at the pit of the stomach, with cold chills running down the back and limbs. She lad lad falling of the womb for screntoen years, which was constantly growing worse. The pain in her head was agonizing, and she and her friends feared at times it would drive her crarr. She availed herself of all the medical advantages which this part of the country affords, but without relief. You prescribed for her and sent her remolies, abdominal supporter and braces, with medicines. They have enred her; she is completely restored to her health, and can now walk twenty miles, if need by. Her case has been considered very remarkable by our neighborhood, and has secured the gratitude of herself, her husband, and friends. Your success in this case has induced many invalids in the vicinity to apply to you with various complaints, and almost uniformly they have been helped. Some of your cures in these cases have been wonderful. I minet do loss than recommend the sick everywhere to avail themedves of your admirable treatment, confident as I am that it is best adapted of my that is practised to restore the invalid to bealth, Among those who have used your remedies with benefit I may mention Miss Kellogg, whose left lung her dector here mid was gone; she is well; also Mrs. Chamberline and Mr. James Reid. Mr. Reid was far gone in consumption, and is now very much improved. I could mane others, but forbent,

"Trusting that your remedies may be as effective in enting others,
"I am respectfully yours,

*Jony Gonrox, High Constable,

" District of Ottawa, C. E .-

Casa XXIV. - Letter from Dustin E. Kimbel, Ecq. of Newark, Fr.

" Names, Commons Co., Vr., James J. 1855.

" Dz. S. S. France:

"Dear Sir,-On the 7th day of June last I wrote you, describing to you my condition, and have since been using the remedies which you then prescribed for and gave me. That then been out of beath some six months. I had a backing cough, sovere pain in the chose and sides, also between the shoulders and under the shoulder-blades. My breath was short and oppressed, and I had daily a fever, and at night severe sweats. I was first attacked with inflammation of the right lung, which resulted in what you doctors call a partial lupatizing of the lengs. I had the advice and assistance of several physicians both in Boscon and this place, which were of no benefit to me. I was told by two physicisms that I probably had tubercles formed in the lungs, and if so I must die-gobody could save me. I was a very sick man at all events. As I soid, I applied to you in June last for help in this condition, and I got help. I improved gradually under your admirable treatment, and an now nearly a well man. I have been relieved in a great measure of my cough, have no fewer or night-sweats; all slaming symptoms have disappeared. I have recovered my wouted flesh and strength, and I am sure that I awe my life to your treatment and advice. You may be sure I feel grateful. If any please to write me at this place, I will, I think, convince them that this statement is strictly true.

"Yours, &c.,
"Descrip E. Kronne."

Casa: XXV.-Letter from Mrs. Martha L. Bradeen, of Wilton, Pl.

"Dr. S. S. From:

"Dear Sir,—Yours of November 18th was received, together with the box of medicine. You will recollect, when I wrote you last, that there at my children had the whosping-rough. I deferred writing until I saw what effect the medicine had. I began giving than the Expertorant as directed. I could see, before they had taken it but a day or two, that their cough was better. At the sad of five weeks their cough was almost well. Het one of my unighhors have a bottle. She says it is the best medicine they ever had for a cough. With regard to my own loadth, it is pretty good now, although my cough was worse all the while my children had the whooping-cough. You wished me to write a statement of my case. If it would be agreeable to see. Most assuredly I consider it both a duty and a privilege, especially if by so doing it would benefit any one suffering from lung disease. When I first wrote to you in April, 1854, I had felt that my bookh was gradually falling, though for the most part of the time I kept about the house and did cousids emble work. I had a severe pain in my side, extreme screness in the chest, together with a very had cough; my feet and logs very cold, I could not walk but a short distance without being completely exhausted. I was treabled with the polpingtion of the heart, and pain about my shoulders and through my shoulder-blades. My friends were quite alarmed at my symptoms. I might have add that I had the lung fever in November, 1856, and have had a cough every winter since for the last two years; the last six mostles excepted, I had not been thre from a cough at all. Consemption is hereditary on my father's side; he and my mother both died with consumption and three brothers and two sisters, besides a number of consins and other relatives, have died with pulmonary communition. When I wrote to you, my physician said to me, 'Mrs. Bradeen, all the doetors in the world cannot cure you." I had read your Lectures, and was determined to try your remedies. It is about eight months since I began to use your medicines and merhanical remedies. I feel as well nearly as ever I did; have not the least pain anywhere, and est and sleep well. I can walk up stairs without difficulty of breathing, and do not cough much unless I take cold. I have the extern in my head some. I have the fallest faith in your remedies, and do not think it safe for me to be without your medicines for fear of a relapse. By the way, I cannot speak too highly of your amporter and shoulder-braces; it seems as though I could not go without them a day. I have written a true statement of my case, with full liberty Respectfally years, to publish it.

"MARRIES L. BRADGES."

An instance of stronger borednary tendency to consumption could not well be presented. The powerfully controlling influence of the treatment is shown in arresting this tendency and holding it in check. CASE XXVI.-Letter from Mrs. Ann A. Cole, of West Derby, Vt.

- Wast Dixage, Vr., October 9, 1856.

"Dr. S. S. Frien:

"Dear Se,—In May, 1853, I applied to you as an invalid, after an illness of three or four years, without aid from any one, although I had employed good physicians. I had a very had cough, of arroral years' standing, commencing when I had mendes. I had raised blood many times, and much of it, with distress at the eterach, and also a burning in my chest as if heated by a furnace; much head-acho, almost incessant pulpitation of my heart, and of come a full measure of alarm to my family. I had great pain about my chest, sides, and back, with excessive costiveness. At this time, when all despaired of my recovery, I wrote to you. The result of your medical treatment was a full restreation to health; and now, when free from cold, I enjoy excellent health. My recovery is considered almost a miracle among my acquaintances. Please accept my bost thanks.

Respectfully yours.

"ANN A. COLE."

CASE XXVII.-Letter from R. F. Nelles, of Gult, C. W.

"Cremes, Oatr, C. W .. October 20, 1856.

" Dr. S. S. Frrent!

"My dear Sir,—I only recoved yours of the 4th instant yesterday, and have much pleasure in testifying to the benefit I derived from your medicine and advice.

"In June of last year I called upon you for advice, having been previously pronounced incurable by many eminent physicians in Carada. After an examination, you told see that you could care me in two stretch. I then called on Dr. —— of your city, who examined use, but told me the very reverse from what you said—that nothing could save me from an early grave. He said that he night be able to relieve me a little, but end he could give me no encouragement—that my case was hopeless.

"After a night's reflection I made up my mind to place myself in your care, but with scarcedy a hope that you could care me. All I have to say is this, that your words in my case have been verified. I was in a very weak state when I went to you; given up by several physicians—amongst the rest, Dr. H——. I took your medicine, followed your advice, and am now, thank God, as strong and healthy as over.

"I attribute my recovery, under God's blooking, to your agency.

"I sent you a patient last spring from Grinsby, C. W.—a Mr. Pettit, who is improving slowly; and I shall, whenever I find any one afflicted as I was, use every endower to send them to you.

"Mrs. Minro is much obliged for your kindness to her when in New York. She has returned with her son in law; but, pour follow,

be in very low.

"If I can at any time further your interests, I will willingly do so.
"With most sincere respect,

"I remain yours faithfully,

"R. F. NHIB."

Casa XXVIII.—Letter from Mrs. Gertrade D. L. Montonge, of Shandakin, N. Y.

"Stratus Co., Toron Co., N. Y., January 29, 1807.

- Du. S. S. Freen:

"Sir,-Two years ago last mouth I was attacked with hemorrhage of the large, and raised from three to four quarts of fresh blood in one week, which prostrated me so that I was obliged to be lifted aut. and in my bod. Under the care of a neighboring physician I recovered so as to be able to be up and around during the winter, but was mable to do my thing worth mentioning, and continued to spit a fattle blood, accompanied with a great deal of pain in my side and a severe cough. In the spring I had another severe attack, which again brought me down to my bed. I applied to various physicism-all of whom affinded me only temporary relief. I was then recommended by the Rev. H. C. Longveir to swite to you and proours your remolios-he laying previously derived benefit from your treatment-and which I was at length induced to do, but not before I had again had an attack of it in the fall. On receiving my letter stating my case to you, you immediately forwarded your medicines, together with your other remedies, which I received in January (that is one year ago this month), and which I immediately commenced using. My health gradually improved under your treatment, though I had a slight attack of honorrhage in the spring; but that I think came from sverdoing myself. Since then I have been slowly improving, and am now enjoying better health than I or my friends ever thought I would again. If this simple statement of my case and the benefit derived, by the blensing of God, from your treatment, will be of any service to you, or induce others to put themselves under your treatment, I shall be very glad.

Fours respectfully,

"GERTHIDE D. L. MONTANUE.

"P. S. You are at liberty to arrange these facts to your own taste; and, indeed, if you publish them, I should be glad to have you do so. Yours, G. D. L. M."

Cast XXIX.—Letter from Rev. H. C. Longyour, Eq. of Phonicia, N. Y.

"Prometers, Corres Co., N. T., Feb. 9th, 1857.

" Dr. S. S. Frren:

"Dear Sir,—With pleasure I pen those lines to inform you of the result of my application to you for medical aid, at a time when I was fearful that consumption would soon end my earthly career.

"From my infinity to the age of twenty-two years, I was the subject of repeated attacks of inflammation of the lungs, a sentel cough, and profine expectoration. Finally, I may say that I was almost always sick; to say the least, my health was so delicate that I was not able to do much at school nor on the farm, for every little cold or over-exertion would bring on cold chills, a stoppage of expectoration, and finally a harming fever.

"In the mouth of June, 1845, I was brought very low by an attack of pleurisy and inflammation of the lungs, and was attended by a physician of the regular allopathic school, who, I suppose, treated me according to the usual manner, until I got up from my bed. But still I recenteed quite feelile for more than two mouths. I was troubled with pain in my side, shortness of breath, and a sinking all-gene feeling at the lower part of my chest. From time to time I inquired of my physician whether be could not give me scenething to strengthen me. At this period I was advised by the Rev. A. I. Freeman (then a student at Madison University) to read your Ise-tures, which I did as seen as I could procure them. Upon reading your views of consumption and discusses of the lungs, my almost st-piring hope revived. I visited you at your residence in New York,

in October, 1848. You examined me, and said you did not think I had consumption, but (if I remember right) a humor on the air-passages of the lungs. You told me you thought I would soon get along, with the faithful application of your remedies.

"I communeed about the 13th of October, and in about a month or a menth and a half I enjoyed better health than I ever had before; and the following winter I was able to be out in the severest cobl weather with men of the strongest constitutions. This was contrart to your orders; for you tald me when I felt better to be very careful until I was some I was sound; but contrary to this, I was very careless and exposed myself very much. It was the opinion of my wife and myself, that if I had followed your onless I should have been cured of my long-standing cough before spring. I have enjoyed quite confortable health over since-so much better than I did befare, that I know that I cannot be grateful amough to God for the bestownl of health to such a good degree. For the just five years I have been trying to preach the everlasting ground, and have often exercised my lungs very much, and find them still as strong, if not stronger, than they were six years ago. Finally, I have the strongest confidence in your ability to treat all kinds of chronic diseases with ALLOWS IN.

"Praying that the Lord may grant you a long life of mefainess and a happy death, with an abundant entrance into the kingdom of glary. I remain your friend and brother in the Lord,

"H. C. LONGTRAR."

Case XXX.-Letter from Mr. Geo. C. Boll, of Mickigan City, Mich.

"Micanas Crrs, November 748, 1856.

"Du. S. S. Ferent:

"Dear Doctor,—It is with pleasure that I assume the present opportunity of addressing you respecting my health at the present time. One year ago from this date I went to see you at 714 Broad, way, New York, in a very feeble state of health—Seeling weak and trembling all ever, pain around and between the shoulders, in the left breast, very difficult beauthing, the air did not enter freely in the left lung, and feeling, when breathing dump air, a heavy, elogged sensation in the threat and at the junction of the palmonny tobes with the trackes—having sufficienting feelings when breathing hat or rarefied sir, and often being waked up nights by smothering feelings; night-arouts, dyspepsia, blooding lungs, irregular pulsation, catarrh, weak back, rush of blood to the head, and the spermaturrhous for one year—its cause for five, with three years leading to the cause. In fact, my whole system was completely out of order—every organ was either enfeabled or diseased, and it had been working on me for no less than five years; and new, through a judicious and constant use of your remedies. I am enjoying fair health, and am flet progressing on to a perfect restoration of beauth, which awaits a faithful invalids compliance to your prescriptions.

"Let me add, that consumptives should be encouraged to pervere with their medicines, although they may not at once seem to confer benefit. When I first consumerced taking your remedies and following your advice, I felt weaker than what I did previously, and continued to do so for the space of three or four weeks; then, however, my strongth began to return very gradually, but was intenrapted often by those depressed and trembling feelings; and in this way I continued to improve, by being a little better after those poor days thus before them. Now, if I had left off your medicines at that period when I felt or experienced the greatest weakness, no doubt I would not now have been in the land of the living, for that weakness was the very critical period in which the conflict between the disease and medicines occurred; and the remedies have completely triumphed over it so far as to allow me to enjoy fair health now, and am able to take pleaty of exercise without any notable fatigue. I would say to all consumptives, to follow up all Dr. Fitch's prescriptions faithfully, judiciously, and perseveringly, as it is, I believe, the only road that leads to a permanent cure of consumption. Patients are very apt to think that they ought to improve in a few days.

"For myself, I will say that I had many ups and down whilst using them, and came very nigh giving up three or four times, believing that my case was incurable. What prompted me to think that my case was incurable, was that five of our family died of this disease in five years' time. The first death occurred on the 18th of October, 1850—that of my brother. He was a strong and healthy young man. On the following 3d of August, 1851, my mother died of the same. One year from the following March 18th, the strongest and healthiest brother died. On the following June the 8th, 1813, a sister died of the same; and on the 28th of September, 1805, my father died, at which time I was fearfully attacked with the same awful disease; but by a judicious, perserveing, and faithful use of your remedies, I am now, through the blessing of God, permitted again to onjoy fair health, and am still improving.

"Respectfally yours,

"Gio. C. Banz, "Late of Thorold, C. W."

CASE XXXI.—Letter from C. De Revere, Esq., of Torrytown, N.Y.

"Tenuresys, N. Y., March 18, 1854;

"Dr. S. S. Frren:

"Dear Sir,—I feel it to be a duty I owe to yourself and the community, to make a public arknowledgment of the fact that, under your treatment, by the bleusing of God, I have been restored to comfortable beaith, after going down to the very borders of the grave with true pulseomery consemption.

"As I am informed by physicians, it is nearly or quite impossible to determine, with absolute certainty, that any individual now in health ever last true consumption; that although communition may be carable, still the fact of such care can only be established by a post-morten examination of the lungs. This may in most cases be true; but it is not in my case, as the circumstances which I will relate conclusively show.

"Disease first began to develop itself in my lungs in 1842, by a cough, and the usually attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulders, and under the shoulder-blades. The disease continued slowly, but steadily and obstitutely, to progress. The best medical advice and assistance I could get appeared to oppose no chesk to it. By the year 1813 I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of diseased and westing longs. During the last-named year a new feature presented itself; a large absense gathered in the left side and broke, discharging a great quantity of thick matter, resembling very much that which I coughed up. This discharge continued until I called on you in 1847. It proceed to proceed from a country in the longs. Uncount and taken calous choosy matter was discharged; but what showed conclusively that the opening was into the substance of the lungs was, that the

air passed out from the lungs through the abscess. I could and did frequently blose out a lighted countle by placing in before the opening, and making a sudden effect at expiration. Here was positive proof that extensive abscention, involving the substance of the lungs, was going on. All my symptoms indicated consumption—cough, expectoration, great debuilty and emanation, distress for breath, hestic liver, night-sweats, &c. My friends and my physicians regarded me as certainly deceased to the grave, by the discuss which was on me, as though I had been already in my coffin.

"This was my apparently hopeless condition when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a discuss so firmly fastened, but still encouraged me by saying that you thought it possible I might be cared if I adopted and faithfully pureasel your treatment. I did so, and, with gratitude to God for his blessing upon the means you employed, and with gratitude to you for your skill and kindress in treating me, I can say that I have been in the sujoyment of good beauth for the last free or fire years. I pursue my ordinary business, have no cough, no pain, have my usual first, and nearly my usual strength. I do not suppose that I am as strong as I would be with Image that had never been diseased. The from lobe of the left long is nearly all gone.

"My case may appear almost incredible to those who regard scatted consumption as increable. But if the skeptical will write or call on me at Tacrytown, N. Y., I can, I think, convince them that at least one each case has been cared by your adminable treatment. With the shower wish that others similarly afflicted may apply to you and find relief.

> "I am most gratefully yours, "Consume Da Rayman"

Case XXXII.-Letter from Miss Jone Greey, of Brooklyn, N. Y.

"Do. S. S. Freen: "No. 6 Proposestesser, Economies, N. T., Sept. 0, 1800.

"Dear Sir,—I feel that I owe a debt of gratitude to you for the toutth I now enjoy, which I ought sooner to have acknowledged. In 1850, when I applied to you, I was not expected to live. That had a had cough some two years, and for several months had not been able to leave my room. My physician told me my langu were seriously affected, and that he could do nothing for me. I was seen much consciented, had bled several times from the burgs, suffered much pain in the chest and under the shoulders, had fiver and chills daily, and most profuse night-sweats. My strongth was so far gone that I could not walk across the floor without two persons supporting me. I expectorated profusely, and suffered grout distress for breath. This had been my condition for over eleven months, and constantly sinking. I was lifted into an wasy energies when I visited you. I had no hope at all myself, nor had my friends, that I could possibly survive long, for I had all the symptoms of true consumption for advanced. You excounged me to hope, and I now have remen to be thinkful that I was induced to put sayself under your treatment. I made rapid improvement after the first week or ten days, and in five weeks I was able to malk a block. This improvement steadily continued, until at the expiration of about a year my health was quite recovered, and I have since remained well. It is now perfeetly good, and my longs are strong and sound. I feel that under a kind Providence I own my life and my present good health to you, If there are any who need the aid which I received, and doubt the trails of these statements, for the sake of the suffering I will cheerfully reply to their inquiries. With most heartfelt thanks for the benefit I have received, I am

"Respectfully yours, "Mass Jana Gray,"

Case XXXIII. - Letter from W. A. Hillyer, Eq., of New York City,

"Nam Your Cire, November 55, 1854

"Du. S. S. Frenc:

"Dear Sir,—When a man feels than he owes his life to mostler, time only increases his admiration and strengthens his gratitude. This is the feeling I have towards you. In April, 1852, I was attacked with repeated and violent bemorrhages from my lungs, accompanied with much osciph, services of the throat, &c. I also experienced great tightness and shrinking of my chest, short breathing, and nearly all of the most alarming symptoms of consumption. My nearest friends viewed my case as exceedingly critical and dangarons. I applied at once to you, without endangering myself by may other advice. The result was a perfect and permanent case. Your medicines, mechanical remedies, and infulnities, without reducing me, or disturbing in any manner my appetite, or even interrupting my professional employment, and without any shock or rislence, gently led me back to health. I have witnessed many other cases of consumption cared by you. In your hands medicine seems star of the exact sciences. In the whole course of my life I have near met a physician whose prescriptions and medicines seem so merringly certain to cure. I must obserfully give you leave to use my name, and refer any person to me who may wish further information.

"Believe me aver yours.

"W. A. HELYER,

"Attorney at Law, No. 27 William at., N. Y., house No. 63 | Nasara-st., Brocklyn."

Case XXXIV.—Letter from Mrs. Annie P. Dunie, of Berlin Centre, Ohio.

"REGION CRITICE, Microspec Co., Onto, January 35, 1857.

" Du, S. S. Frren :

"Sir,-Haring been desirencefor a great while to express my gratitude to my greatest earthly beneficior for the great benefit I have derived from his medical skill and remedies, I take the present up portunity of doing so. But language would fail to express adoquately my gratitude to you. I was a miserable invalid for two years previous to consulting you; mental and physical person a period wreck; suffered much, enjoyed but little; every thing tired me; could converse but little; reading tired use; listening and ensurestion tired me; -in fact, I was tired of myself. When in health, I enjoyed a constant flow of spirits: (what a contrast!) Health goes, I had eened to interest any one, and often felt that for me it were better to depart; yet there were ties to hold me to earth. I had two daughters that needed a mother's coursel. I remembered that I was left motherless at the age of three years, and had experienced an orphan's bitterness. When I remembered these things I felt a elinging to earth.

"I was advised by a friend to consult you, and finally pressied on

my husband to by my case before you; which I presume seemed like a waste of words and material to him, for rumor said I must seem die. I had been constantly treated for two years for lung affection or dropsy, or something cise; but the relief affected from the use of anothers was of short duration, and seemed to greatly excite the nervous system.

"And when we received an answer from you, in which you stated that you hoped to be the means under God of my recovery, I felt to thank God and take courage; for they that put their trust in God shall be blessed in their deeds.

"Your medicines were received in due time, and were taken socreding to directions (taking at first the smallest doses marked on the bettle), with a daily spenge-bath; and an happy to state to you that I have attrined all you promised-comfortable health-but not enduring strength. Where there was a general debility of the systens, there is now a general tendency to health. The effects of your different remedies seem in perfect harmony with the system. There is no tenring down to build up, but under their influence the general strength is revived and the enfeebled hody restored to health. I am almost a wonder to myself and friends. No one that saw me while an invalid thought I could live very long; but, thanks to the Authorof all good and your skilful treatment, I can oversee my household affairs, enjoy society, ride on horseback, and walk short distances. Your mechanical treatment constantly answers every purpose for Yours with great respect, which is was intended.

"ANNIE P. DAVIS."

Case XXXV.—Letter from Mrs. Lucretia Louis, of Jeffersonville, Ltd.

"Denumerouse, Dunas, Oct. 22, 1654.

"Du. Feren:

"Door Sir,—Permit me at this time to address a few lines to you, although it has never been my privilege to see you. Is it strange that I field great respect for one who has been the means in the hands of God of relieving me of such bodily infirmities! In the year 1826 my health and strength began to fail. My complaint was general debility and a decongeniest of the nervous system. I was doctored by several physicians, but they made my case werse instead of

better. In 1828 I began to loss my voice, but with great exertion continued to speak a little for the space of six months, when I became entirely speechloss. Such a case (the doctors said) was never known and what to do they knew not. They finally reported to exionel, and made a cripple of me for the mace of four years. My sufferings while in that condition I will not attempt to describe. I obtained temperary react; but found no cure for all my malades until I specified to you, by letter, for advice last spring. I was then speechless, and coughing almost increasintly day and night, with short breathing and pain in the left shoulder. I commerced using your remedies and following strictly your advice, and was men re-Keved of my cough. Your medicines, with the cold salt under both. appeared to regulate and strongthen the system; and the result ismy voice is perfectly restored, and I am entirely free from had feelings which had nover left me for one hour in the last twenty-in years. You have done for me what a number of physicians in five different States had tried to do, but failed of success; their skill was baffed. I have lived a muto for more than twenty-five years, but for the last two menths have been able to talk and sing, like I was wont to do in the shors of my youth. My kealth is good. I have nothing to complain of but a broken constitution. Accept my thanks, and over believe me,

"Very tody yours,
"Mas, Lecture Lette."

Case XXXVI.-Letter from Mr. Jao. Patton, of Medina, Obio.

"Merces, Miron's Co., Onto, Aug. 28, 1854

"Da. S. S. Frrent

"Dear Sir,—I furnish you the following statement with pleasure, as ofter being mixed by your instrumentality from a discuss of which I never expected to recover, and continuing the use of your remedies in preference to all others, my confidence in them is such that I can most coefficilly recommend them as being, with the Dirine blessing, most likely to benefit those afflicted with pulmentary discuse.

"My constitution is not naturally tigorous, yet I have enjoyed moderate health until August, 1851, when I observed a degree of pain in the upper part of my large and throat, that affected see in speaking, and my strength appeared to be failing. Soon a cough, at first elight, incremed steadily until October 1st, when I hid aside my avocation (colportage) for a time, hoping that it would give way soon under the influence of cod-liver oil, which was thought to have been of some beautit in a case where the person ultimately died of consumption. I used it freely, but found, week succeeding work, my cough steadily increasing and my strength as steadily declining.

"After several weeks I ahandored the use of the sil, and resorted to other remedies highly recommended, but with no better effect; so that my friends, I believe, generally considered me as beyond reconery. Although in any other disease I should have resorted to a physician, I had seen so many cases of this disease buffs the recet skilful physicians, that I had no hope of receiving substantial benefit from them, although the friendly suggestions of one in our vicinity afforded me rolled in some respects. In February I was so reduced as to be obliged to spend most of the day in a reclining position, whilst I anperforated large quantities of thick, corrupt matter, targed considerably with blood, and had two or three slight attacks of spitting blood. Cod-liver oil and phosplate of line at this period cheeked. the disease, but soon lost their effect; and my experience in the use of codditor oil accords fully with your views as given in your Loctures. The reading of this work was highly beneficial to me. After lineering during the summer of 1832 with the changeable and often flattering symptoms frequently experienced by others, I procured a bottle of "pelmennry balant" and one of "heart corrector" in Moding, and derived much benefit from their use, and during the winter I entertained brighter hope. But I could obtain no more of your remedies, and spring did not confirm my hopes. Early in June an attack of blooling so reduced me that there appeared scarcely any ground of encouragement left.

"In August I concluded to apply to you by letter, in my last earthly refuge; and in October received a box of your medicines and inhaling-tube, shoulder-braces and supporter, and soon found myself steadily recovering; and during the winter my health improved so much, that last spring I offered my services to the Publication Board, for which I had labored before, hoping that riding in the open sir would be conductive to my further recovery. This hope I have realized in a good degree, and have labored with short intervals the entire summer. During the past hot weather I sustained some injury, but hope that it will not be permanent.

"Your inhaling tube and supporter and shoulder-braces I found essential, and recritime their use, having but little hope of swing consumption cured without their invaluable sid.

"With granitude and respect, I ever remain

"Yours truly,

"JNO. PATTON."

Case XXXVII.-Letter from Mr. Thomas Briggs, of Eris, C. W.

"East, Watassires Co., C. W., August 13th, 1856.

" Dr. S. S. Frren :

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"Dear Sir,-I take this apportunity to address you a few hier expressive of the satisfaction I experienced in regard to your treatment of my case. As you may remember, I first applied to you about the 28th of August, 1854. I had been previously affected in the summer season for eight years, in I was exposed to two very severe storms on the 20th of June, 1848. From that time up to the time I consulted you by lotter, I had taken several different kinds of medicines, some of which afforded temporary relief. I was afforded in the manner following, viz.-with a sharp, sometimes exernelying pain about the kidneys and hips, a severe pain all over the chest, shoeting to between the shoulder-bindes many times like a digger, and reverting to my back; and on beary breathing, a great feeling of norcases all axes the top of my class, with severe meeging and great discharge of estarth from my new, fever in the morning, night-sweats, chits, periodical sick stomach, asthma; and, to crown all, a severe, hard, der cough, of twenty-series years' standing. I coughed some nights until near morning. In this condition I consulted three physicians, who said I might be cured; took all the medicines they gave me, and I getting were all the time. At last they said all the mellcines in the world would not care me. In this feelow condition I was given up to linger and die. However, just at this time your Alternac was per into my hands, and I read and believed there was help for mo yet. This was the first time your name was heard by me. When I wrote you you said you thought I might be fully sestored to health. I commenced ming your remodies and medicines on the 6th of October, and in about one week. I began to feel somewhat better; and as I had not been able to labor since the 24th of May, 1854, and kept gaining in storagth, about the 1st of December I began to do light work; and now I can bless God that I am once more able to resume my daily labor, and have done so since December last; and I can now say that I onjoy good bealth, dear sir, through God; you have been the instrument in God's hands. I still use the tubes, braces, and supporters, of which I feel I would never be without. Accept my kindest love and respect.

"Yours with much regard,
"Tuomas Barons,"

CASE XXXVIII.-Letter from Rev. H. W. Baker, of York, Mich.

"Your, Man., March 19th, 1855.

"Du. S. S. Frrem:

"Door Sir,—Gratitude to you and the Giver of all good, should have prompted my to have written to you before, which I have often intended to do, but as you have failed to accomplish my intention, for which I have continually represented myself.

"Some soren years since my wife was attacked with a severe lung fiver, which resulted in a gathering of and breaking of several alcers upon the right lobe of her lange; when it was thought by all (even by her physician) that she could not long survive. By the commel and consent of friends, together with her physician, we were induced to make application to you for advice and medicine. By the use of the initalise onbe, supporter, and leaces, together with medicines. you furnished, she soon began to amend, and in less than four mornts. had expanded her chest some two or three inches more than her awal measurement, and was obliged to rip the lining of her dresses which she had formerly worn with ease. She has been able to labor hard most of the time since, and has given birth to three children, Last fall the was attacked with a severe cough, and it was attended with soreness through the chest generally. She would have puraccesses of coughing for an hour or more every morning, and fivquently through the day. She sent to you by her brother at Knowlton for advice and medicine; and that which you sent worked like a charm, causing her cough measurably to subside within three or four days. The medicine which you sent my daughter at the same

time had the desired effect, restering her to the enjoyment of good braith. Yours respectfully,

"H. W. BOKIN,"

Case XXXIX.—Letter from Mrs. T. E. Cashedl, of Suratopa county, N. F.

"Die S. S. Freen:

"Dear Sir.-I desire to give a history of my case. I am under your treatment. It is now nearly a year since I first saw you in year office on Broadway, and my condition was then a most pitiable me, for I was obliged to be carried about like a child, being entirely unable to walk, and able to ride only with great pair and weariness. After an examination of my lungs you pronounced them in a state of alceration, as I had raised blood, coughed, had chills, fever, and swenting, with pains about the chest, side, and shoulder-blades. I also had spinal disease of nearly five years' standing-my spine being so hally curved, and being so weak, painfid, and numb, that I had walked but a few steps for the previous eight meaths, and had been many weeks of that time unable to turn over in bed. I had a turno in my left side, or rather inside the hip-hone, which you pronounced an ovarian tumor. You said you thought no medicine would mark that, as it had been growing for more than eighteen morths—that you feared it might easine my death. In fact, you gave me but little encouragement, for you said my recovery depended much apon the tumor, which was the most critical of my many discusse,

ing. In a few weeks I became a little stronger, and was at length enabled to walk across my room alone, though I do not believe I should have over walked again had it not been for your supporter, which spensed of more value than any medicine. Since adopting your braces my clast has enlarged three inches. I take deep, full breaths, do not cough but very little, do not ruise such very ball matter as formerly, nor so much of it, my tomor has intically diseasperred and my back is much stronger than I had ever thought it could be, so I have walked a quarter of a mile nearly every day this number by stopping to rest frequently, and could ride three or four miles without very great fatigue. There is no doubt but that your medicines have done all this for me, under God's blossing, and I cannot but thank Him for directing me to you, to whom I offer the mod heartfelt grafitude. Your remedies have done so much, it really some as though they would ultimately cure me, which perhaps they will yet do, though my health is now soral to my former most surgaino hopea,

"You are at liberty to me any or all of the above for the benefit of those similarly affected. I believe I am a making advertiseteent of the officacy of your medicines; and people who saw me befice I come under your treatment ask, 'Have you used no medicine but Dr. Fitch's' and as the invariable answer is 'No,' the remark follows, 'Well, I did not suppose you would or could free till this time.'

Yours respectfully,

"MES. T. E. CADWELL"

Casz XL,-Letter from A. H. Bock, of Winton, Luca.

"Wiscon, Busion Co., Jowa, March 7th 1854.

"Da. S. S. Ferent:

"Dear Sir,—I desire to make a public acknowledgment of the very great benefit I have derived from your remedies, advice, and treatment. I first applied to you in December, 1853. I had then been out of bealth some two years, and seriously ill from the September proceding. During December and January I coughed almost incressantly. I suppose consumption is hereditary in my family—having hot one sister from it; my mother died of heart disease, and her mother of bronchitis. I have been since a boy by no means robust—never capable of enduring much hardship, and somewhat delicate in frame and constitution.

"In Soptember, 1853, I took a severe cold which settled in the threat and lange. I had been subject to cough more or less far force or five years previously. Now the cough was terrible, and no means that I employed seemed to even pulliste it. It was attended by copious expectoration of a thick, yellow matter, and I suffered considerable pain about the cheet, sides, &c. I lest my voice entirely in December—not being able to speak above a whisper—and did not recover it until after the use of your remodies. I had a beetic fover daily, and exhausting night-avents. My strength and flesh rapidly left me. I was soon resinted to a mere skeleton, and was unable to walk acreen the floor without assistance. My family physician gwe me up; and he and some five or six others in our place mid I could not live longer than spring. My friends supposed these physicians were correct, and also gave up all hopes of my recovery. They all pronounced me in two communion, and the disease for advanced.

"Such was my condition when, on the recommendation of a gastionen here who had been cured by you, I upplied by letter for your opinion and remedies. Your roply was that my case was a had one, hat you koued you could help me. You tent me your mechanical and medical remedies, and their effect was wonderful. Within two weeks from the time of communing their use, I began to anothe My cough gradually decreased. I began to gain strength and Bok. I recovered my voice; and from the condition I have described I have steadily come up until my health has become well established. My friends are astonished at my recovery. But what is singular, our physicians are so illiberal as not to acknowledge that your remedies have been the means of my receivery. This assertables me, as they know that I was steadily sinking and getting warse, in what they themselves pronunced true consumption, until I communed your treatment; that since I have been under it I have as steadly recovered, being now restored to health, and that I have used so remedies but yours. It does seem to be as territional as it is illiberal to deay the restoring, healing power of your remolies in my cam-I know they have excell me, and so do our physicians; but they have not the maniness to acknowledge it. From the spirit they show, I really think they would have preferred to see me die under their bands than he cured under yours.

"You may be sure I feel very grateful for what you have done for me. My case extrinity proves the remarkable efficacy of your treatment. Let me add that my langs seem entirely restored and healed; but the left lung is much smaller than the right, showing it to have been the sent of very serious disease.

"You are at liberty to make such use as you please of this letter.
"Yours respectfully,

"A. H. Rock,"

CHAPTER XXVII.

DISEASES OF THE BEART.

HATTNG concluded my remarks upon discuss of the lump and airpassages, I now proceed to notice discuses of the heart. A most perfound dread of all descriptions of heart-discuss is entermised by most persons. It is usually considered a very difficult disorder to manage, and one rurely ever relieved. Indeed, discuse of the heart is usually set down as outirely beyond the reach of medical remadies, and therefore little or no thought is bestowed upon the means adequate to its relief.

ORGANIC DISEASES OF THE HEART.

ENLARGISHENT OF THE BEART.

It should be remembered that the heart is a hellow muscle, or a pair of hellow muscles, strong and elastic, capable of powerful contraction, and expanding so as to centain ordinarily about three to five ounces of blood. The size, however, varies in different individuals of the same height, girth, and weight; it being in some much larger than in others; and this fact should be borne in mind in examining the heart, where there is demaged action, otherwise we shall be lisble to be deceived, and led to suppose there is enlargement in sums cases where there is only a naturally large heart.

The heart is liable to several organic diseases. One of these rousists in an enlargement of the heart, which may arise from the thick-ening of its walls and increase of its weight, whilst at the same time its strength and also its capacity to receive the blood are distinished. In other words, when then enlarged it will held less, and its power of orging forward the circulation will also be less. Hence, one of the enricest effects of this form of heart-disease is obstruction to the exculation of blood,

SYMPTOMS INDICATING ENLABORMENT OF THE HEART.

This affection usually occurs in persons with large, deep, bread, fall cheets, with a heavy aspect of body. Its effect is also to enlarge the cheet.

If the onlargement of the heart is considerable, the ribs covering it will usually be lifted up, and the left side will be visibly enlarged, although the least may be enlarged and the ribs retain their matural position, or not lifted up to any perceptible extent. The patient will perceive an uncosiness—a crowding sensation in the left side, and a feeling of intense muxicay is frequently felt by the patient about his condition. He will become low-spirited, and the very worst anticipations will pervade his mind. Irregular heating of the heart will take place; and the patient, upon exercise or being saddenly startled, will sometimes experience a stoppage of the heart, with a shock as if the heart bumped against the ribs, which is felt to the extremities of the body, and this is followed by quick, heavy beating. On walking about and exercising, this heavy beating is greatly increased; choking is the threat, and a morticeed, sufficiating sonsation is often experienced. Upon attempting to ascend stairs or a hill, the putient finds it impossible, or suffers greatly from the atternot, and is soon obliged to give it up. The pulse in a great many metances is much slower than untural, but is very easily excited, and is very frequently feeble or intermittent-that is, it drops a beat ocensionally. The patient on lying down in bol, as he is falling asleep will saddenly start as if a blow had been given him, and spring up is a stars of much alarm. This starting may be repeated several times, and the attempt to fall usleep be in this manner prevented for a comoderable time. This fills his mind with dread, which serves to increase his nervousness, and consequently to aggravate the disease. After lying down in bed for some fattle time, hercever, the circulation of his blood will become more free and quiet; he will full asleep, and continue sleeping tolerably well all right. Is many cases, however, the sleep will be very heavy, and the beauthing stertocousthat is, snoring. On first awakening in the morning the patient finds the heart very weak in its action, and the circulation languid and feeble, and it is with much difficulty that it is aroused. He will other at this time perceive a trembling throughout the whole

system, occasioned by the struggle of the heart and great vessels to start the eleculation. It may be compared to the effect that is no. ticed on board of a steamer when struceding against a current, where the shin seems to tremble throughout its whole structure. Numbness is felt in different parts, with a prickling, as the circulation is gradually restored. On placing the car over the heart in analy all cases of enlargement, we perceive a deep, heavy beating-2 stem, heavy pulse-which seems to strike hard upon the car, as though the heart were close to the surface. This berry beating of the heast, when the culargement is universal, may often be perceived by placing the ear upon my part of the short; but if it is only partial-that is. if only one side of it is enlarged—then on the conceits side of the chest the beating will be far less distinct; thus, if the right side of the heart is affected, we will perceive its heating throughout every part of that side; if the left side is the one affected, we shall perceive its beating for more in the left than in the right side; and where the enlargement is general, as I have said, the beating will be perceived on both sides of the breast-bone, but somewhat more distinctly on the left side. The patient will often feel this benting all over him, and upon Iving down he can ecuat every best of his realise. He is often full of anxiety, dreading to go asleep, and will lie for hours noticing this state of the heart. In almost all cases the patient experiences more or less pain about the left side in the region of the heart, which sometimes extends to the shoulder and down the left arm. Not unfrequently there is also a peculiar numbers and less of muscular power in the left arm.

As the disease advances, the patient finds it impossible to go up stairs. Long walking and much exercise of any kind induce attacks of short breathing and choking in the threat, and a sense of importing sufficiation. He is unable to lift my thing or to make my exertion, and sudden efforts entirely overcome him. In this condition of the heart, any sublen effort, as running up hill or running up stairs, especially if alarmed, will produce a sudden stoppage and complex sufficiation of the heart; and sometimes the unfortunate patient, under these circumstances, falls to the earth a lifeless corpue. I could mention numerous cases of sudden death that I have known occurring from over-exertion when the heart was affected—but this is not uncessary. There are few persons who have not witnessed or heard of many instances of the kind,—instances where persons trended with heart-disease have fallen dead from over-exertion or a sudden muscular effort, or from passion or fits of unger, &c. From my cause that suddenly excites the system, this fatal effect may follow.

As the enlargement of the heart progresses, lying down becomes impossible. The appetite is generally good, but only a very little food can be taken into the stomach at a time, as the least opproxion of this organ will at once greatly aggravate the condition of the heart.

If the person should not die suddenly, the feet begin to swell, and the interrupted or impeded circulation produces its natural effect, which is universal dropsy, continuing for a greater or less length of time, until, in an unexpected moment, and often after laving felt much better for a day or two and arranging plans for fature enterprise and pleasure, and hoping for a return of health, suddenly the thread of life is suapped associat, and the patient is henched into sternity.

Enlargement of the heart may take place at mry period of life from the age of five years to seventy; but I have observed it more frequently in those of middle age than in young persons.

OSSEPTICATION OF THE REART.

By ossification of the heart is meant a hardening or converting Into a hoay form some portions of its valves or of its substance, or of the large blood-vessels immediately consected with it. This disease is most apt to secur in advanced or middle life, and very rarely occurs in roung persons. It is most frequently found to commence at shout fifty years of age. Its effect upon the heart is to weaken its powers of contraction and to render it in every respect Scole. In onlargement of the loant we often find it accompanied by lost little neute pain; but in escillention of this organ the patient often experiences a peculiar sharp entting pain, especially upon any considerable excreise-ascending hills to walking where much exection is required, as walking through the snow, &c. In these-circumstances he is apt to feel a sharp, cutting poin about the heart, with much polpitation, at the same time the breath being suddenly out off. These latter symptoms become aggressated as the discuss progresses, and soon seems almost the same character as those that occur in enlargement of the heart, followed by the same results. Scenesimes.

the essification of the heart will be in its arteries, and at others we find it more or less in the walls of the heart itself.

In oscillation of the heart, the pulse and the beating are far now intermitting and interrupted thus in collargement. The pursus, upon any sudden start or any mental or bedily excitement, will feel the first effect at the heart. The first bound of the heart upon existement will be repelied by sharp pain, as this increased action stretches the ossified portions, which counct expand as in health; hence the soldlen attack of pain and an arrest of the circulation at the very moment when the excitement calls for its increase. In this way the patient will often suffer the most agonizing pain at the heart; at the same time there will be a depressing scuration in the pit of the storach, attended with great acciety. By stillness and quiet for a time the excitement passes by, and the heart will resume its wonted action.

In molecute conflication of the heart the patient will lie down nearly as well as if no discuss existed, and this partly distinguishes conflication from colongement of the heart.

In simple omification we do not notice any lifting up of the ole or enlargement of the left side, and the peculiar crowding senution about the boart is not as great as that which is experienced in enlargement. Enlargement of the heart is apt to occur in persons of large sheets, short neeks, and full habit of body | but essitiation may, and often does, occur in very lens, spare persons, and without my particular enlargement of the cheet, but rather a contraction of it, Enlargement of the heart is noticed oftenest at the widdle periods of life, while onification is usually observed at much later periods. But little pain is experienced in unlargement, whilst often very none pain is observed in oscification. The slow, distinct, heavy beating we find in onlargement; in amification, the quick, tremulous beating, as if it acted from the influence of fear, or as if to enlarge it more would be to induce pain. In enlargement of the boart much cloking is fift about the neck at times, and the blood-results are swelled unlittle larged about the neck, especially on any excitoment; the face is also red and pully, and great oppression is felt about the head, but in confication much less of this choking is experienced, and far less oppression about the head. In the early stages of enlargement there seems to be great fallness of blood and puffness of the system; but in oscilication there seems far less blood, and the whole system for a

long time may be very much attenuated. Persons may die of excitcation without any deopsical symptoms occurring; but in enlargement of the heart dropoical symptoms nearly always ensue before death, unless death is brought on by some sudden excitement. In enlargement of the heart death from apoplery will very often take place; whilst is ossification persons are much more liable to attacks of pulsy or paralysis, and this of a partial character—usually in the left side, arm, leg, face, and indeed the whole left half of the patient. Enlargement of the heart is not agt to be attended with any great apparent waste of the body, which is often the case in coefficient. Both are liable to produce sudden death; and both, when protracted, often terminate in dropsy. Dropsy from onlargement of the heart will take place more frequently at a much earlier period than in cases of ossification.

Finally, enlargement of the heart progresses more rapidly and terminates much somer than ossification. Ossification is smally a slow process, and it may be some years from its commencement to its termination. This is also true of the enlargement of the heart in some cases, but this usually originates and passes through its course much more rapidly thus ossification.

PAT ABOUT THE BEAUT.

Cases frequently occur where great accumulations of fat take place about the heart, occurring mostly in very fleshy persons, clearacterized by short whereing breathing, short necks and fleshy chests. It is found in many foundes who have a great manuacy development and are very fat. In these cases, without any discuss of the heart itself, the circulation may become exceedingly obstructed and imposted. Difficulty in lying down, and almost every symptom of culargement of the heart, we shall notice where there are great uccumulations of fat about it.

In one point it differs from almost every other condition of the heart—particularly from ossilization and enlargement—viz. by the extreme feebleness and elowness of the pulse, and by there being no intermitting. In confication the pulse may often be feeble, but it will also be intermitting, pulpitating, and interrupted at times; but in necumulations of fat we find no stated interruptions of the pulse, but only great feebleness, pulpitation, choking, &c., on sudden excitements or sudden efforts. This weakness will differ in persons according to the strength and vitality existing; but there is the same difficulty in lying down and the same starting in the sleep as in enlargement. It almost always occasions stertessum breathing and load energing during sleep, and the sleep will be heavy—more so even than in ealargement of the heart.

I would here observe that those three states of the heart may be complicated with each other. The person may at the same time have much fit about the heart, and the heart may be enlarged and more or less costled, so that all the symptoms I have mentioned as peralar to these different states of the heart, may be found in one patient.

THECHENISH OF THE VALVES OF THE HEART.

Thickening of the values of the heart is a disease of very common securrence. One of the carliest and most marked effects is a sense of weakness about the heart and a feeble circulation. It is often unattended with pain, and may continue many years without any secon injurious effects than debility of the heart and feebleness of the cisculation of the blood. This state of the heart may occur in very young children, and continue until late in life, when it is often followed by ossification and death. This thickening af the valves is particularly indicated by a peculiar rasping sound. When the blood passes the valves of the heart, their rigidity, caused by thickening, prevents its free passage, and occasions a rough, rasping sound. This sould is quite unustrakable—it is like no other in the system—and indicates but one disease,—the one of which I am speaking.

The effects of this disease may be greatly pullisted and the progress of the disease itself staid. Its cure is, however, often quite dilutory.

EXECUTION FROM THE BEAUT. CAUSES OF EXPLORMENT, HOCK-

No disease of the busian body or may of its organs over occurs except from some specific cause, and this is strikingly so of disease of the heart.

While the heart, as I have before said, is a muscular structure, sad therefore obeys the lows that govern all the muscles of the body, it should be remarked that the valves of this organ are formed of a substance more nearly resembling contings, similar to that which covers the joints, and is found in the extremities of the bones elsewhere. It is therefore an regan liable to the same diseases which attack the joints and numeries.

Now thermation, as is well to the numbers which is up to attack the joints of the body, as well to the numbers, memberses, tendous, &c. It is a disease always produced by humor in the blood, and is remarkably predisposed to change its place. It will pass from one limb or from one joint to another—from one set of muscles to another—and will often pass from the extremities to the centre, and attack the large organs within the body. This is truly so with regard to the heart. Rheumation rarely ever commences in the heart itself; but originating on some distant part, it is transferred thence to the heart. This very often occurs, the disease being sometimes transferred to the valves of the heart; at others to its substance, producing enlargement. When attacking the substance of the heart or the membrane covering it, it may, and often does, involve the great bloodynessels that lead to and from the heart, as well as those which go to nearth the heart itself, as the coronary arteries, &c.

I believe that essification and enlargement of the heart, and the thickening of its valves, are all in most cases produced by humor or poison in the blood, first developed in some other part of the system, which it leaves and passes to the heart. I have observed this to be the case in the history of a vast many persons who have been attacked with heart-disease. Indeed, I have almost universally found that subjects of heart-disease have been at some time affected with humor, rhounastism, &c., which had retired from the original sout of development, and subsequently manifested itself on and about the heart.

CURABILITY OF COMMAND DESIGNS OF THE BEART.

I have treated a sust many cases of organic diseases of the heart, and consider them eminently curable. In fact, we class of diseases ever come under my notice or call for my noistance, that I find so perfectly curable and manageable, in almost every instance, as discases of the heart. I cannot call to mind as many as officen persons, treated by me for this complaint, who have not perfectly recovered, or antisfactorily so; and these cures have been effected in persons of advanced age, and in all ages and both sears. Indeed, I have found launt-disease to be exceedingly curable, even when patients have been entirely given up by all their medical advisors as past hope,

REMERCES FOR OCCUPANT DESCRIPT OF THE BEART.

After I shall have described the sympathetical and functional disenses of the least, I will then give the treatment as applicable to the cases of heart-disease; but will now only observe, that in treating organic affections of the heart, rheumatism, enlargement, and osdifcation, thickening of the values, &c., I give remedies in the first instance to purify the blood and to expel from the heart and the whole system, as far as possible, those humons or poisons, which, by settling on the heart, have induced its disease.

In the second volume of this work, upon therapeutics, I shall enplain these medicines which I have found most useful in combaining and caring disease of the heart

PENCHONAL DISEASE OF THE HEART.

INFLUENCE OF DISEASED LUNGS UPON THE BEART,

That the paliations of the heart may be at all times regular and uniform, continuing thus through life-of sometimes a bundred years-it is absolutely essential that the supply of blood should be constant, squal, and uninterrupted. Now, there are many conditions of the lungs in which these organs cannot supply the blood to the heart in an equable stream or volume. For example, in authors the circulation of blood through the lungs is temporarily impeded. So when the lungs are hepatized, or when from alcoration parts of the large large been removed, or when them the congestion of the large, and sometimes from great debility of those organs, the blood is not properly circulated through them to the heart, and thus is caused at interruption in the heating of the heart. In many increases true ofgame discuss of the heart will take place when this irregular action has been long continued. In cases of long-continued authors we often died organic disease of the heart; and in a great many cases of consamption the irregular action of the beart will feed inexperienced observers to suppose that the heart is the seat of the disease when

it is not diseased at all. Still, as I have before said, the hourt may become organizally affected. I have witnessed many cases where both the heart and lungs were seriously affected organizally at the same time.

INFLUENCE OF DERANGEMENT OF THE STOWARD UPON THE HEALT.

Of all the organs of the human body, none exerts an masked an influence upon the heart as the stemach. Any form of indigestion may durange its action. From great distantion with gas or food, in may press up under the heart and obstruct its movements by simple mechanical pressure. In this way there is aften a disturbed action of the heart produced; and musclimes a total suspension of its action is caused, when of course death emacs. In very feety persons, where there is much fur about the heart, a distanted and loaded stomach will almost always prove injurious, and senetimes occasion sudden death.

A great number of persons of this description, without any organic disease of the heart whatever, have been killed by heavy suppers, particularly of solid food. I have known many cases of death occurring in this way from distruction of the stomach, and will mention one, as it fully illustrates what I wish to say on this subject.

A young married lady, an acquaintance and friend of mine, because the mother of a fine little boy; and when it was ten days old the attending physician called and found the infant on its mother's lap a corpse. Exprensing great surprise at the event, and inquiring the particulars attending its death, he was told by the mother that the child, being inclined to ery, she had annead it as long as she had any milk, and then fed it; and as it contained to ery, she continued to feed it, smill it moleculy gasped and deel. In order to give a certificate of the cause of death, the physician, a few hours after, made a post-mortem examination, and found the stomach of the child distended to its aimost expacity; the upper portion of it, owing to its distention, had sison up under the breast-lone and into the left chest, so as to completely step the action of the heart by pressure. Of course death was the natural consequence.

Precisely similar results will take place when any persons greatly distend the stomach, especially in those suffering duranged action of the heart in any form—whether from enlargement of the heart, from the heart being relatively smaller than natural, from rheumation is the heart, from coefficient, or from feebleness of this organ, as is very often witnessed in elderly persons.

In any of these cases, elight mechanical pressure on the heart by a distended stomach or colon, will decorage its functions inducing pulpitation, partial or total stoppage, with a sense of great apprecion in the left classt, pressure at the pit of the storage, and checking is the throat. Persons laboring under any affection of the heart whatever, should be fully warned against too hearty meals, especially of indigestible food. They should be warned to avoid every description of food that disagrees with them and that lies heavily upon the stomach, or that induces the generation of gas in the stomach; for by these means dangerous derangement of the heart may take place.

APPROTS OF INDIGUSTION, OTHER THAN MECHANICAL, UPON THE MIGHT.

We find that a vast many dyspepties are subject to pulpitation of the beart, and a same of extreme uneadness about the pit of the strangle—where the fired remains long and becomes sour; and the irritating effect of the peid upon the costs of the stomach will, through the nerves, be communicated to the heart itself, and produce severe attacks of pulpitation. In these cases the disturbing effects cease as soon as the acid is neutralized, and they may be allayed by evacuating the centents of the stomach.

Unround quantities of hile in the stormen, by becoming too stimulating and seriel, will very much affect the heart. The mechanical effect of large quantities of food in the stormen upon the heart will usually be experienced in a short time; but the nervous effect resing from indigention is not often perceived in less than six to twenty-four lasers; although in some rare cases it may be noticed much some, and sometimes it will not be noticed until the second or third-day after taking the indigestible food, when the patient has perhaps forgatten the irregularities of his diet or that he has enten my thing that may disagree with him. Some boars before the attack of palpitation, he will feel distressingly low-spirited, with a semation of dattess and heavaness about the head, often accompanied by more or loss headache. If at this juncture the weather should be heavy, or a cold, damp enterly or southerly wind be blowing, his malady will be greatly increased. The stoppage of the circulation will usually commence towards evening or at heltime in the extremities, which offentimes become very cold; great oppression takes place about the head and left side. Purple spots are sometimes noticed on the lower oxtremities, or elsewhere, as if from bruises, which disappear after a day or two, and leave a vollowish stain. The patient feels percouand terrified. He experiences a crowding sensation in the loft chest, and over and about the heart. In this state heavy palgitation of the heart is upt to take place, sometimes lasting for hours, and until the equilibrium of the circulation is restored, which may be hastened by the are of hot foot-baths, mustard-positions over the side, and by proper internal stimulants. These, judiciously used, will penerally in a short time entirely relieve the patient. I have in some rary instances known these attacks to terminate fatally where suitable termsdies have not been employed. These attacks are more and to occur in the cold and changeable sensors of the year-in spring and fall, and after great exposure to cold winds. Going out in a very cold winter's day and greatly chilling the person, particularly the feet, will often lead to these attacks in persons predisposed to them,

There are some articles of fired which, in some constitutions, seem particularly to affect the heart. One of these is coffee: Prequently persons affected by any disturbance of the heart, cannot make any use of this heverage whatever. Sometimes they cannot take even tea, being obliged to aschew both tea and ouffee. By such persons come and its preparations will often be found agreeable, especially when it has been entirely freed from its oil.

Almost every individual liable to disturbances of the heart, recognizes from his own experience some articles of food that particularly disagree with him, and which readily affect his heart, because of their indigestibility, and from being long retained in the stomach. Such persons should avoid these articles of food steadily and resolutely, and never allow themselves to be tempted to take them. Very little food should ever be taken after dimer, so that on retiring to bed the stomach may be stoppy, and not forced to succenter the difficulties ongendered by the process of digestion during the boson of deep. And here allow me to remark, that the great sympathetic nerves and ganglionic pleases that supply nervous energy to the stomach, supply it also to the heart; and in cases of feeble stomach and feeble beart, a great deal of fact, art, and management may be displayed

by so regaging the functions of the storach and heart in that but one of these given organs shall be much excited at the same time. This is particularly observed an retaring to bed at right, when all the powers of life should be imembermised and in placid rest. The beart is relieved of full corolad of its assentenced labor, and the brain and nervous system and all the number of the body are in quiet repose. Now no one but in injudicious, or belood a madman, will at this time load the storach; so that at the very time when the heart is naturally relevant the nervous energy will be still more called from it to said the process of digestion going on in the storach. This is the very time when all the nervous energy should be directed to supply focus to the heart during the long hours of sleep, and of course should not be diverted from the heart by imposing the duties of digesting food.

A great many old persons, and delicate persons having feeble circulation, by managing the heart and storach in the way I have meationed, so that but one of them shall be much excited at the same time, may thus obtain action from them both that shall certifine life and health unimpaired for many years, even to venerable age; whilst those pursuing an opposite course will have the thread of life pirmaturely cut off, even when young, as I have repeatedly winnessed. This leads to the remark, that any person laboring under any former variety of heart-discuse, should cut all, or nearly all, the solid feed for the day before two o'clock e. m., and never influige in mesh, if any, solid feed after that hour; so that on retiring to bed at night the storach shall be nearly or quite clear of food.

CURRENTLY OF PUNCTIONAL PERSONNER OF THE BEART.

I would say, that those diseases are, in nearly all cases, perfictly curable, and that few persons used despoir of seller, over at very allsurered stages of this disease, and when given up as hopeless.

The remedies I employ are mechanical, constitutional, and local. I advise shoulder-braces to expand the chest, and recommend the wearing of the abdominal supporter—except in persons short and fleshy—with abdomina fieldy developed, &c. In these cases the exposters are not required, unless in females who are affected by profequent select, or much falling of the bounds. But the latter persons will find themselves ground benefited by full abdominal support. If

required. I give medicines to remove indigestion, correct mativeness, open the kidneys and skin, and for equalizing the circulation through the liver, lungs, and entire body; also remerics to parify the blood; and in this way I strive to place the whole system as nearly in a state of complete legalth as possible. If then give recitiones that have a specific action upon the heart itself, increasing its strength and the regularity of its beats. If much pain is present about the side and through the heart, I use imments, and sometimes mustani-positives, axes the heart; although the latter I use rurely, except in sadden attacks, thus producing slight irritation, which may be continued for a long time, often with great advantage.

In some cases where there is great feeldeness of the heart, I use electro-galaxine plates,—one being placed over the heart, and the other opposite, near the spine on the same side, connected by appropriate wires. These may be worn, if necessary, for years, with great advantage. They will often be found especially useful if worn in bed during the hours of sleep, as they will sustain the drooping action of the heart.

PUNCTIONAL AND SYMPATHETIC DISEASES OF THE HEAST.

There is a large class of disorders to which the heart is liable, that involve more or loss interruption or disturbance of its finetions, but which do not proceed from organic disease or charge of structure in the heart itself. I will notice some of them.

PALPYTRATION OF THE MEASUR.

Palpitation of the beart, arrest of the circulation, stoppage of the beart and intermission of its beats, and almost every possible decaugement of the heart's action, may arise from discuss in other organs, so from mechanical causes. In many instances, wasting of the left lung, and sometimes a disappearance of that organ altogether, will leave the heart unsupported, and is this way occasion great irregularity in its beats; in fact, the heart will some to fly about and shift its place, whilst the disease of the lung might not be suspected—all the treatlebeing imputed to disease of the heart. I have witnessed many instances of this kind in my own practice, and have known some in the practice of other physicisms; and almost invariably the heart would be presonneed the seat of disease, when it was only sympathetically affected, or else directly affected by losing its support, and having to best in an empty or partially empty close.

PALPITATION PROOF PALLING OF THE BOWELS,

I have witnessed a great many instances where pulpitation and apparent disease of the heart have originated from falling of the heartly.

In February, 1847, a gentleman called upon me who was a bookkeeper, and had been for yours in the light of standing upon his fiet. a number of hours every day, the effect of which was to induce reinvation of the abdominal belts and falling of the howels, which had taken place to a considerable statest-so much in that the heart was partially dislocated. He had consulted several of the most eminent physicians in this city, who had pronounced his case one of incarable heart-disease—an organic affection of the heart itself-reconmended perfect rest and retirement to the country; informing him, at the same time, that he was beyond all medical aid. I gave him remodies, among which I employed a well-adjusted abdominal emporter and shaulder-braces, and with them suitable medicines. He was rectized to perfect health in six weeks, and is now, for sught that I know, as well as ever. He had suffered from this bean diffcally for several years when he called upon me, and had lived for years in constant expectation of endden death.

Falling of the bowels is a very common equico of pulpitation of the heart in a vast many nervous and excitable females; and so also is falling of the womb. All merine complaints may, and often do, produce pulpitation of the heart.

EFFECTS OF DICEASCRIPCT OF THE LIVE UPON THE HEAT,

The according executes a passes directly through the faster of the liver; and it may happen in some cases that a swelling of the liver, or an accommutation of gall-stones in the bindder, will partially obstruct this great blood-vessel, so that the heart is affected, or esplied irregularly with blood. At one moment it is greatly distended, at the next instant there is no blood at all, and in this way irregalar action of the heart is often produced.

Irregular action of the boart, if long continued, will lead to organic derangement and change of structure in the heart itself, of which I have observed many cases.

REPORTS OF COSTIVENESS UPON THE REAST.

In many cases the effects of costiveness upon the beart are both mechanical and constitutional. Where the boxeds are slow, it is very often the case that the color or large boxed becomes distended with gue and exercementations matter, especially at the left flexure, which is just below the storach, and this presens upward behind the larer and storach, especially, pushing them up against the heart; and in this way mechanically deranging its aution, exactly in the same number as pressure on the heart is produced by the distension of the storach.

Custiveness also affects the heart, by throwing back upon the circulation and into the blood large quantities of matter which should have been passed off by the bowels themselves. Consequently, in heart complaints habitual costiveness becomes a cases by which the quantity of blood is much increased, and the circulation is this way rendered more laborious to the heart. Costiveness also causes a distension of the whole boards, so that they mount upward to the chest and mechanically obstruct the heart.

Habitual continuous will often durange the functions of the liver and impede the accretion and delivery of its bile, frequently producing slow congestion of the liver itself, so as in this way both mechanically and constitutionally to influence the liver and greatly obstruct the circulation of the blood. From those combined masses welling of the lower extremities will often take place, and general dropsy superveno, or be indirectly produced.

In all cases of heart-disease, attended with alow bowels, I advise the constant, faithful, and continued employment of gentle enthurtic medicines, taken at belitime, so as to move the howels the next morning. This course will constantly and continually relieve the heart, as I have witnessed in a vast many cases.

INPERIENCE OF THE SPERMATIC ORDIANS UPON THE BEAMS.

The influence of the operantic organs upon the heart is very marked and very great. Venerall excesses, seminal losses incurred by bactrious dreams, from secret vices and indefigures, and spermaterrious induced by any cause—all will rapidly affect the heart, producing pulpitation, weakening its functions, and depensing its power to circulate the blood, lessening the vitalizing powers of the heart and nervous system;—thus soon reducing the individual to utter prostration, both mentally and physically.

These causes should be completely and promptly corrected. They may be removed without difficulty, and thus the heart may be relieved from the prestrating effects produced by seminal losses and excitants.

Palpitation of the heart, occurring in young men between fiften and twenty-five, especially if single, and often when married, should lead us at occu to suspect the presence of seminal debility, resulting from some or all of the causes I have mentioned—those produced by hastivious dreams being beyond all comparison the worst.

ANGINA PECTORIS.

This is a discose barring its centre in the boart. Its pame signifies sufficiation is the chest, or of the chest. It is one of the most obscure and terrible discoses known to us. Few discoses came more exeruciating suffering, both of body and mind, thus this. It varily ever occurs in young persons, and soldom is developed in my one until after force. It is peculiarly a discose of old people, comming usually late in life, from fifty to eighty, and generally in persons of full liabit, those who are floshy, raddy, large-chested, and with slew circulation—of sedentary babits—professional men, and usually those in the casy walks of life; men who have lived well, drank more or less freely, and who have been well to do in the world. It very rarely occurs among the poor or among laborious persons, or those in humble line.

It is in part risconstian or acuralgia upon the heart. It is usually preceded for a longer or shorter time by short becathing, difficulty

in ascending stairs, or in walking fast, &c. Great sessions is felt at the precording or pit of the stomach, with a sense of fulness and oppression there, and in many persons there is frequent belching of wind or air from the stormeh. The digestion is very much impaired-the food will lie long upon the stomach, and a heavy meal is extremely age to produce an attack. A sensation of floriering is felt at the pit of the sounds, and the bowds are upt to be exceedingly slow. During these attacks the patient experiences most arute and excessive pain is the lott-side or under the breast-bone, and through the regions of the heart. Senetimes the agony is terrible, producing senething Her queens in the chest and stoppings of the heart. The pulse is more or less intermitting; and after a recovery from an actack, it is often a more thread, scarcely perceptible, and exceedingly quick in its beats; it continuing so for hours, and until the circulation is fully established throughout the system. The surface of the body, and the fact, hands, and limbs are disposed to be cold; still, a chill throughout the chest or at the pit of the stouach is only ravely complained of: the terrible and agentaing pain is what agitates and overwhelms the patient. There is a distressing sense of suffication ; the patient feels as if his chest was not large enough to hold his heart. He will often experience the most exerueisting pain in front of the left arm-about midway between the shoulder and elbow, or at the insertion of the deltoid muscle. The pain in the chest is in some cases like that of an intense colle, as it is experienced in the bowels; in others it is a sharp, sudden, cutting pain, by which the patient is rendered instantly powerless; so intense that offentimes the perspiration will pour from the body and saturate the citching, The mirst remains clear all the time. These attacks are act to take place after disner, in the latter part of the flay, in the evening, at bedeine, or at midnight, but may occur at any hour; yet they are far less liable to occur in the early part of the day. They often come on with the quickness of lightning, as if a darger had been throst through the side, heart, and arm. Sometimes the pain a wholly confined to the arm; and often in the very article of douth the potient complains and acreaus out from the in-tensity of the pain in his arm. He may have these attacks several tunes in a day, or they may take place at intervals of accordings; and finally wear out the patient by the exhausting want of sleep, impaired digestion, interrupted circulation, and most acute suffering,

CAUSES OF ANGENA PECTORIS.

The ennes of angina pectoris have been exceedingly obscure; but they have usually been supposed to have some connection with somification of the heart; and few have suspected, what I believe to be the fact, that the stormach has something to do with its production. That the heart may be more or less conified in persons subject to angina pectoris, is true; but there are a vast many persons who suffer from confication of the heart—its substance, scenes or values who have never experienced any symptoms of angina pectoris.

In some cases where this complaint has proved fatal, on examination after death as trace of discuss in the heart has been discovered; and the physician has been left in hopeless conjecture as to its true cases. From the symptoms I have noticed in many cases, particularly the uniform presence of flatos—gas or air—in the storach; from the sensation of follows there, and the presence of flatos in the bowels, especially in the large bowels; from the agonizing poin in the heart itself, the grinding, swelling, everyting, sufficiently assertion there experienced by the patient, and the peculiar throbbing in the large resuch that is left at the top of the chest, and from the happy effects of remedies calculated to dispurse wird or fatos— I have long been disposed to think that mights pectern is often, and perhaps always connected with a development of air in the least itself. This, I believe, may go on and be evolved to such a terrible extent that, if not relieved, the heart will burst.

The Rev. John N. Muffit, a very prominent prencher of the Methodist persuasion, died in Mohilo, Ain, a few years since, from migrat pectoris, having only one attack of it, and dying in about ax hours after the commencement of the attack. His suffering beggared description. His heart became exceedingly distended, and findly actually burst; yet, upon examination other death, there was discovered no sign of oxidication; but it was plain that the walls of the heart had become thinner; and I have no doubt that his death was seen signed by a development of air in the heart.

The least may, no doubt, he the subject of true neuralgic rheamation and good at the same time, so that the suffering from this source may be very great, and the angina pectoris may partials very much of a neuralgic character. But good and rheamation of the heart are not attended with such sudden shocks as strike the heart in angina pectoris. Neuralgic rheumation and gost upon the heart are far less intermittent in their attacks than angina pectoris; and after their accession, their continuous is much more regular and constant.

The various phenomena of angina pectoris very clearly indicate to me that gas within the heart is that which gives a distinctive feature to this disease, and that it may be properly called a true colle of the heart.

I have no doubt that it may be developed without the presence of neuralgia, rheumatism, or gout. Still it is an open question, and perhaps the simple cases may be very few; and those complicated with neuralgia, rheumatism, or gout, may form, and probably do, the greater majority.

In persons of the habits I have mentioned, angires pectoris is very and to take place in the changeable sources of the year, and is very much influenced by heavy starms, by rold, damp northeasterly winds, and what is termed a heavy state of the stanophere; by great exposure, taking cold, being drenched by rain, do. Many of these curses may so depress the powers of kie, and so much interrupt the circulation and weaken it, as to dovelop gas in the large bloodvessels, and associally in the great centro-the heart itself; and more particularly when at the same time we find the digrection greatly delayed, the food loading the storach and continuing there a long time, by which great quantities of gas are there developed and in the large bowels; whilst the slow action of the Lowels, especially the large bowels, contribute to a still greater development of gas-the great left flexure of the colon often becoming thoroughly distended with large quantities of excrementitious matter, and with a great amount of gas. With nearly all of these disturbing causes acting upon the patient-causes which contribute to retard the circulation and reduce the vital forces of the system, gas will be developed in the heart itself, from blood partially stagnated in this organ. If this is the case, we may very well suppose that the heart would be thrown into terrible confusion. We see how, under these circumstances, these peculiar shocks occur, and those sudden stoppages, and that excessive pain. A sudden evolution of gas would readily cause a shock, and, if not at once dissipated, might terminate life, or continns to expand the heart until it burst, as in the case of the Rev.

John N. Meffe. It is in this way that I account for the sudden abooks and the extreme suffering experienced by this class of patients. The same principle in felt in color in the howels. In color the patient will have severe suffering, which is quite constant; but at recurring internals he will have sudden attacks of increased pain, lasting a few moments, and then subsiding to occur again, unless prevented by remedies.

This I conserve to be a true solution of the varied phenomena of singles pectoris. To my mind it clearly explains every symptom, and shows why solden death may occur in this disease, and yet a partmerters examination reveal no confication or change of structure, and no below of the beart itself. Death having occurred by gas in the heart, which has resisted its notion, and consequently stopped the circulation of blood, the heart would not exhibit necessarily any traces of discretor. It may again and again in its struggles have relieved itself and driven off the gas, yet it is finally overwhelmed and overcome by this terribbe enemy. In this disease the unitary servtions are generally very scarry and highly colored, and this still farther conformables the general system. Nearly all the sublesdeaths occurring from a stoppage of the heart's action, in my opioin arise immediately from a sudden generation of air in the heart, produced by causes I have connecrated.

TREATMENT OF ANGENA PROTOGUE.

The treatment of augina pertoris should be first directed to the subshing of the introdicte attack, and relieving the patient from present suffering. After this is accomplished, such remedies should be employed as will remove the cause of the disease, and obvinte the liability to it. We must immediately open all the connectorior of the body; and if the patient is of very full liabilit, and not enveloped by advanced age, we may, in the commencement of the attack, order blood-letting from the arm. I have known attacks of augint pertoris occurring as early as the thirty-fifth year where blood-letting are particularly useful. After the patient has been relieved by blooding, if blooding has been determined upon, we may then apply mustard-positives over the region of the heart, or full free historing with conditatives constantible; or, what is emissently useful, and sometimes affords pecupt relief, we may apply countir open assumes

over the sent of pain, which will, when highly concentrated, produce a quick impression, even to vesicating the akin in from eight to ten minutes, and will usually arouse the circulation in the promptest manner. After this blistering, the parts may be covered over with a plaster of Burgundy-pitch, so in to keep the whole surface warm and gently irritated, which will stimulate the heart to increased action, drawing from it a portion of the blood, and allaying any thoumatic or negralgic irritation. Whilst this is going on, we should retieve and theroughly cleanse the stounch and howels by the exhibition of active cuthartic medicines. At the sums time remolies should be used to open the gall-ducts and stimulate the liver to activity. We should, in fact, as useedily as possible disembarrors the liver, engarged by the retarded circulation, as well as the stomach and the whole almostary canal, from all obstructions and disturbing influences. We should at the same time draw off the blood to the extremities, as much as possible, by putting the feet in hot water, and continuing them there for a considerable length of time-adding stimulants, such as salt, mustard, expelours, red pepper, &c., so se to highly excite the circulation in the feet, ankles, and calves of the legs, and determine the blood to the lower extremities. In this way we shall be able to relieve the large organs from their everlead of blood, and to mouse and animate the circulation everywhere. The feet may be kept in the het water until the circulation through them is theroughly re-established and a general perspiration produced, but not so as to came faistness or great prostration. While this is doing, we may give the patient diffusive stimulants, such as will dispel flatus from the stomach, &c., and invigorate and sooths the heartstrengthen and equalize the heart's paintions, and dispel from the patient the fours and anxieties that givers brood over him like a cloud in these attacks. (For a specific statement of the medicines that I employ is this disease, see the second part of this work.) By these means, indicionaly employed, the anddes attack of august peotoris may, in nearly every case, in a moderately short time, he arrested.

We must now adopt such measures and remedies as will prevent a recurrence of the attack. As of special importance, great care should be taken in regard to the dist. The patient may car moderately of light and digestible food, such as game, restors, &c., if from experience the patient has not found these articles to disagree with him. Searcely any solid food should be taken after two o'clock, s. w. in the day, so that when beltime arrives, the stomach may be clear, or searly so, of sound food. No fermented bysoes, or liquors charged with gas, should ever be taken in this disease; and the usmost cure should be exercised to avoid enting any food that may generate gas to nir in the stomack. In general, merched food or uncooked finit of any kind should be accided. Dyspepsia, if present in any form, must be thoroughly relieved. There are very many cases where moderate stimulation-by small quantities of pure ross. gin, or brandy-may be allowed, but only a small amount should be taken. If the putient at any time finds himself greatly exhausted, a little of any one of these liquors may be found extremely need, Habitual drinking of much liquor, however, should be carefully avoided. The patient should every night on going to bed, take some mild cathactic medicine, of which I know nothing equal to my Cathartic Vegetable Pills, a recipe for making which may be found in the second part of this work. Enough of these pills should be taken at bedtime to move the bowels theroughly the next morning. The effect of these pills is to simulate but not to disturb the patient; thus gently exciting the circulation of blood during the hours of sleep. Early in the morning they will operate to evacuate the bowels of their contents, and relieve the stormels of flatus and all superabandant contents, at the same time giving the patient a facappetite for his breakfast. Over the heart itself he should always keep up a gentle excitement upon the skin by wearing a planer of Burgendy-pitch, and under this plaster by should have one or two points where the skin is slightly broken and irritated and som. This may be done by purting one drop of Croton sil upon one point of the surface, and then applying the planter of pitch over the whole heart. By this the advantages of counter-teritation are secured, and at the same time free perspiration is produced over the part, which will constantly stimulate the heart and draw away from it horses and my cauca that may incline to produce disturbed action in it. If at any time those sere spots should become too irritating, they may be covered by a small piedget of dry cotton, and the platter again placed over this, and a small sore may be made in another point, so that at all times a gentle irritation may be kept up over the regim of the heart; not, however, so as to produce great suffering, or to induce much nervousness, or to reduce the strength of the patient.

Excesses of all kinds should be avoided; the patient should be reguhar in his hours of exercising, eating, sleeping, &c. Crowded assemblages, large gatherings of people, and great personal efforts, either mental or physical, should be entirely avoided,

These means persorreringly continued, with such medianes, diet, dec, as I have here detailed, will, in a great many instances, cure anging pecteris, and prevent a recurrence of the discuss after it has once attacked the patient,

I would here remark, that I have sometimes observed much benefit from the use of galvanic plates; one placed over the heart, and the other over the spine opposite to it, and were constantly night. and day. I have in some cases found these plates apparently very useful. Of course in this disease I always employ mechanical remedies-using shoulder-braces, so us to fully enlarge the chest; and If the patient suffers from a weak back, falling bowels, or much sinking feeling at the pit of the stomach. Indvise the use of the abdominal supporter. Butling also may be employed to great advantage-such ablutions as I have before indicated; salt and water, gin and water, alcohol and water-used either hot or cold. The patient should never go under water, and his lething should be only by ablation. Pure air and out-four exercise should be enjoyed as much as posible. Sedentary occupations, especially if long-continued, should be preided. A persevering employment of the measures indicated, will in nearly all instances care and present anging pectoris.

DESCRIPTION OF THE BEART MAY BE CURED.

It is a doctrine very generally hold both in and out of the medical profession, that organic disease of the heart is necessarily incurable. But this is an error. It is underfatedly an obstinate form of disease, and requires a particular treatment; but it may be outed. I desire to convince the invalid suffering with this composint, of the truth of what I say: for I think I cannot do him a greater kindness than to temove from his mind the impression, resting like a horrid night-mars upon him, that he has finitened upon him a disorder from which there is no escape, and which inevitably dooms him to donth. With this view, and to encourage him to make an effort to obtain relief, I present below three or four letters from those who have been cured of namietakable heart-disease.

Case XLL-Letter from A. H. W. Vennicles, Eig.

"New Long Long Issaes, N. T., Poli, 28, 1853.

"Dr. S. S. Freen:

"Door Sir,-Having suffered a secodingly from that prevalent and truly alarming complaint, disease of the beset, I find words imdequate to express my gratitude for the benefit I have derived from your valuable remotion. As a triffing renumeration for your beausolence and anemoing exertions so freely spent is my behalf, as well as a duty to an affected community, I hereby make a public acknowledgment of the facts of my case, knowing of no better method of accomplishing my wishes or desires; and by doing so, can menly add another link to the long chain of testimony already produced in your favor for the treatment of chronic affections. If, however, by this latef communication I should aid or allertate suffering hummity, and east a glean of hope to those similarly afflicted, I shall not eatirely fail of the object at which I aim. For years but this disease, with a complication of others, been making its fearful ravages upon my system, and picturing to me time after time (the only encounagement or consolition to be derived from a vast majority of the medical faculty) that of death in one or mother of its forms. I have been so reduced or debilitated as to be confined to the house for mentles at a time, and frequently to my hed. I have been under the treatment of various physicians, all of whom actived at nearly the same conclusion, and left me, with the most terrible forebodings, to my fine. At present I are better than I have been for years, and every thing seems to indicate a steady course of improvement, so that I am led to believe that, with the blessing of God I may yet walk the resy path of life, so long to me unknown. To these that are suffering with this Scarful mainly, without being able to obtain resist, I would say, submit to the treatment of Dr. Fitch, and you will soon be convinced of the superiority and effency of his practice. It nevertheless requires unexacing care and good judgment on the part of the patient, and a strict compliance with his comed or advice. And now, as I sincerely believe that you have been the intittment, through a kind Providence, of restoring me to my present confortable condition, permit me, therefore, to hope that you may have health and happiness beyond the average period allotted toward

on earth, and that you may benefit many a despending enflerer as greatly as you have me. I will close with my ordest wishes for your welfare and prosperity. Respectfully yours,

"A. H. W. VASSICIAN."

Case XLII.-Letter from Mrs. S. Lock, of Michigan,

" Sanitac Co., Women P. O., Michigan Number, Foll S, 1807.

4 Da. S. S. Ference

"Dear Sir,-I do really desire that every one of the thorsands who are suffering from disease of the heart, may be made acquainted with the fact that you can cure it. About nine months ago I applied to you, after having read your lectures, by letter, with a discuss of the heart, which had been pronounced incumble by the best playsesans in this part of the State. I have been severely afflicted, for the hat five years, with the most distressing polpitation of the heart, with terrible pain in the side and chest at times. I had turns of fainting, when the heart would bent for a time most violently, and then cease altogether for a while; after which I would be entirely helpiess. Two years ago I was so mar gone, that for about three months I was almost daily expected to depart this life. I had given up all hopes of ever recovering again to a state of health, when I was induced to apply to you. I received your medicines about seven menths ago, and, after taking them necording to your directions, I have been restored to quite good health, for which I fiel very thankful to you and a kind Providence, and I hope that your days on earth may be many and happy; and if I should never have the pleasure of seeing you an earth, I hope to meet you in heaven, where sickness, pain, and death are felt and feared no meey.

"Truly yours.

"Mas, S. Lova.

"P.S. I was very badly bloated around the chest, and in twelve weeks I shrunk twelve inches. You are at liberty to make such use as you please of this letter."

"Dr. S. S. Frich, 714 Browleny, New York:

"Dear Sir,-After my best respects to you, &c., &c., I hereby contify that I am personally acquainted with Mrs. Lock. She lives in sight of my door. She had your medicine of me. It has had the desired effect of restoring her to health. I therefore testify to the truth of the within written. Yours respectfully,

"RET. ADVANTAGE SLOUP."

Case XLIII - Letter from Mrs. M. H. Valentine, of Brooklyn.

"Sorre Browners; July 14, 1864.

"Duan Du. Freen:

"You to whom I one so much of my health and happiness, words can but feebly express my feelings, yet I cannot reliain from addressing you, to moure you what my gratitude must be in future.

"About six months previous to the date at which I commence this letter, I was severely affected with what I supposed to be disease of the heart. I had tried every thing I could hear of together with the advice of one of the best physicians in the city, until I was satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gare with such salm confidence, it encouraged me, and sustained me, or, rather, seemed to quiet me, for in my week and highly excitable state, the harrest possibility of relief acted as a stimulant, and seemed to arouse every nerve within use. I willingly submitted myself to your treatmost, and soon experienced its magic effects. I can truly say I have not enjoyed such aninterrupted health for many years. In skill and science, I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most corduly, and particularly admire the liberal and generous tone, so free from my thing like professional exclusiveness. Thave and accord to be as brief as possible. Permit me, therefore, to hope you will have health and lappiness, beyond the reach of want, for the rest of your life, to compensate you for your benevalence and energy so freely spent in the public service. Yours, truly and sincerely,

"Mas. M. II. Valuermen."

This lady, when she came to me, was not expected to live three membs.

Case XLIV .- Letter from Mrs. E. E. Clewests, of Pa.

"Synoneset, Masson Co., Ph., Feb. 23, 1854.

"Dn. S. S. Frren:

"Dear Sir,—It will be three years next winter since I called to see you. I was then pronounced in the last stage of the heart-disrace by the physicians of this place. They said that there was no care for me. I was then induced by the entreaties of my husband to go and see you, yet with very little loops of Ising cared. You gave my remedies, &c., which I took, and followed your directions to the letter; and in six months time I could my, 'I as well.' I could sleep as sweetly as a little lobe, and on my left side as well as my right, which I could not do for yours provious.

Since my cure of the heart-disease, many have been induced to try you, and several more are going to see you this spring. Our doctors most and do acknowledge that you can one that disease.

"Yours truly,

"ELIZABETH K. CLEOREST."

Case XLV .- Letter from Geo. S. Parker, Esq., of Ill.

"Programma, Wittersacco Co., Rat., June 16, 1855.

"Da. S. S. Procest

"Dear Sir,—I have delayed writing to you longer than I intended.

I have to congrutalate both you and myself on the good effects your medicine has had on myself; as at the time I received it, my case was considered lopedow by my friends and one of the best physicians, and that a frost or two would number my days, if not before. But, thanks to a kind Providence, through your means I am better than I have been for nearly two years; the only symptom of disease left is, once in a day or two days, a little disagreeable feeling or flutter of the heart. I have tried to obtain another bottle of Heart Corrector of your agents, but they are all out at present. I think another bottle would effect a permanent care. I finished taking your medicine about a week ago, and have been the longest without medicine that I have been for a year and a half.

"Respectfully yours,

"GEO. S. PARKER!"

CHAPTER XXVIII.

TOYSPITISTA.

By the torm elyapopoia, I intend what may be properly designated as obvious indiposition—such a change in the structure or functions of the organs employed in converting food into blood, as singualifies them from completely performing their office. A person may such low indigostible fixed, or food in too large a quantity, or he may be exhausted by over-exertion, or be violently agitated mentally—and in consequence, the process of digostion may be suspended or inpaired. This temperary derangement would be correctly termed indigostics, but not properly slyapopole. It is when indigestion has become chronic or liabited, that it is slyapopole. I therefore say, dyspepsia is chronic tooliganton.

Diparties is a term used to designate a series of processes in the stomack and howels, by which our food is prepared to be received into the blood for the nonrishment and nutrition of the body; and also that by which the nutritions portions are netually taken up from the howels and conveyed into the blood, and the imputritions or exermentations portions are rejected and cost out of the system. The office performed by the stomach is strictly simply solution or dissiring of the fixed. The term digestion includes this and all the subsequent changes that occur, until the aliment contained in the fixed finds its way into the general eleculation in the bloody-swels. It is in this same I shall use the word; and by indigestion, therefore, is here intended any failure that may take place in the complete and perfect preparation of the fixed for the nourishment or nutrition of the body, after it has been received into the stomach.

That we may the bester understand what dyspepsia is, how it is induced, how it may be avoided, and how cared, we will glusse at the process of digration itself, and the organs ongaged in it.

Immediately after the food has been swallowed or deposited in the

stomach, there is poured out from the internal surface of this argan a peculiar fluid earled gentral joice, which has the power to dissolve the food, reducing it to a whitish, cream-like, semi-finid mass, called chyms. The gastrie fuice is thus furnished only when called for by the presence of fixed in the stomach, and only in sufficient quantities to dissolve the food swallowed. It nowers, however, that the solwent power of this Joles, as well as the superity of the storoch to secrete it, is limited-a certain quantity being required to dissolve a given quantity of aliment; and after a certain amount has been at my one time secreted, the secretion being enpended, even although there should be food present still undissolved; so that if more food is taken at any time than is required by the wants of the body, a portion is liable to remain undirected in the storact, or to pass our. of it is a crude state, unfitted for nonrishing the system. I should add, that while this process of solution is going on, the stamsch, by a sort of peristaltic motion -- so altereste contraction and dilation of its walls-keeps up a sort of charming movement, which through its contents from side to side, tending intinutely to mingle the food with the gastrie juice, thus alding its solution.

After the food has been dissolved and converted into dryme, as described, it passes out of the storage, through an opening or duct in the right extremity of it, called the pylanor, or pylorie orithe, intothe "second stomach," or absolution. Here it is met by the bile, which is furnished from the golf-Wadder in the liver, and poured into the decelerous through a small tube called the gulf-dect. It also here receives a possible fluid called the powersonic folio-a fluid resembling the saliva of the anoth, and supplied by a large gland lying back of the stormelt, called the powercore. The mingling of the bile and the pancreatic juice with olyme, converts it into club, and is a most important part of the process of digestion, as will he apparent from one or two facts:- The gratic julce being somewhat neid, the chyme, as it leaves the steamch, composed as it is of this juice and the food in a state of solution, has an acid character; and to prepare it for the action of the organs of absorption, assimilation, and notrition, it is necessary that its arblity should be accomined; otherwise it femonts, causing flatulence, irritation, pain, &c., and is more or less rejected by the system. The bile, however, is allouise, which minging with the clyme in the duodenson neutralizes its acidity, converting it into a Uland, mild, neutral fluid, and preparing

it to be kindly received by the absorbents, and welcomed into the frie-currents of the body,

In this state the food passes on from the disolerum, through the intestines, by a pseudiar motion of the lowels, called a peristaltic navenment. Along the surface of the intestines are distributed thousands of little shouting resuch or taken, called Acrosols, their mouths opening into the intestines; and these absorb, or delak up from the chyls, all the notritious natter it contains, which is thence conveyed by channels provided for the purpose into the surrout of the blood. Important changes take place in it on its coate from the intestines to the blood; but it is not essential to my purpose to notice them here. This is a summary glance at the great beading provious in digestion. There are, of course, usuay others; but the view I have given is sufficiently complete to combic the reader to understand what I wish to say on dyspepsis.

Now let me say, that whenever there is a fallers to perform their offices fully an the part of any of the organs corraged in preparing the food for matrition, -if the stormen fails to dissolve the food, or the fiver to furnish its bile, or the panereus its juice,-if the intestines are at finds, and the heteode do not take up the natriment as they should, or take up what they should reject-then there is indigestion; and if this indigestion becomes chronic, we have dypasero. As will be seen, then, a healthy digestion depends upon (100) a proper supply (not too much or too little) of nutritions dignetible food; (2d) upon the complete mastication of this food before it is swallowed in order that the gastric juice may easily set upon it; (3d) alon in adequate supply of gastric juice, of a good quality, in the stormen, and the proper perioditic motion of time segan at the proper time; (4th) upon the due performance by the liver and pasereus of their appropriate offices, in furnishing when needed, the ble and pancrentic juice; and (3th) a prompt discharge of their daty by the intestines, in moving the dissolved food through them, and of the lacteris in taking up the natriment from the chyle. If may of these processes are at fault, then there is indigestion.

As all the vital processes going on in the human body are hilden from our sight, we can usually determine their phenomena and character only by informed and deduction; and with reference to them, we constantly grope more or less in the dark. By a most remarksble accident, however, this process of digestion has been in one instance disclosed to view; and a series of experiments, instituted by a very competent physician, who has given in the results in a most interesting volume. In relation to it, therefore, we can now speak with much certainty, being no longer left to blind conjecture.

In the year 1822, Dr. Was, Beaumont, a surgeon in the United States army, while stationed at Michilimrekiner, Mich., then Michigan Territory, was called upon to attend a Canadian Frenchman, by the name of Alexis Sr. Marrox, a coyogour in the coupley of the American For Company, who had been accidentally wounded by the discharge of a masket. As the case is one of the most remarkable of any recorded in the annuls of surgery, it will, I think, be interesting to my resident, and I therefore give it in the words of Dr. Benamont himself:

"The charge, consisting of powder and dark-shot, was record in the leftside of the youth, he being at a distance of not more than one yard from the seastle of the gan. The contents encored posteriorly, and in an oblique direction, forward and inward, iterally blowing off integers and remotes of the size of a name's band, fracturing and carrying away the ascerior half of the sixth rib, fracturing the lifth, laterating the lower portion of the left hole of the large, the displanges, and perforating the scenarsh.

"The whole man of materials forced from the surder, tagether with fragments of clothing and pieces of fractional ribs, were deriven into the muscles

and eavier of the chart,

"I now him in twenty-five or thirty minimum after the socilent occurred, and, so examination, Sound a portion of the lung, so large as a Turkey's agg, posteroding through the external wound, inscribed and huma; and insmediately below this, another protrusion, which, on diretter examination, proved to be a portion of the strength, incremed through all its costs, and pouring out the food he had taken for his breakfast, through an ortice large enough to adtain the foreinger.

"In attempting to noturn the protraded portion of the lung I was provented by a sharp point of the fractured rib, once which it had cought by its normbranes; but by raising it with my finger, and ripping of the point of the rib, I was able to neturn it into its proper carrity, though it could not be retained

there, on account of the incessant efforts to cough,

"The projecting portion of the storauch was nearly as large as that of the lang. It passed through the increased displanges and enternal wound, ming-

ing the food with the blindy evenue blown from the large.

After cleaning the wound from the charge and other extranorms matter, and replacing the storach and large as for an practicable, I applied the extraorded formatting position, and kept the surrounding parts constantly seek with a totion of numbers of autonomic and charges; and gave internally the set acc, with campher, in liberal quantities.

"Under this treatment a strong reaction took place in about twenty-dust forces, accompanied with high arterial excitoment, fover, and trurked symptems of inflammation of the living months are of the class and abdomes, goat difficulty of breathing, and distressing cough.

"He was blist to the amount of eighteen or receip comes, and took a cathertic. The bleeding reduced the arterial action, and gave relief. The cathertic had no effect, as it even ped from the element through the wound.

"On the Sci day a partial sloughing of the integerments and numelos took place. Some of the pretraded portions of the long and increated parts of the stomach also sloughed, and left a perforation into the stomach, plainly to be seen, large enough to adopt the whole length of my forefrage into its range; and also a pursup into the class, half as large as my fet, expecting in time a part of the long, and permitting the free escape of air and bloody masse at every respectives.

¹⁴ Δ vision &ver commod for ten days, running into a typical type, and

the yourd became very fetal.

"On the elementh day a more expensive alonghing most place, the febrills symptoms subsided, and the whole surface of the syound assumed a heatile

and grandning appearance.

"For screeness days all that entered his econach by the associates, some passed set through the second; and the only way of sustaining him was by tenue of metritions injections per mass, tentl comproses and administ simps durid be applied so as in return life food. During this period to all me craceations could be obtained, although cuthoric injections were given, and various other means were adopted to promote them.

"In a low days after firm dressings were applied, and the moments of the storanch printed, the borrols become gradually excited, and, with the sel of entiturity injections, a very lastd, black, field about was promoved, followed by several similar once; after which the bowels because gathe regular, and mu-

thread or.

"The compliance were continued until the slengthing was completed and the granulating process fully semblished; and were afterwards occasionally reserved to when the wound because ill-conditioned. The aq. seed on, with camplior was also continued for several weeks, in proportion to the felule symptom and the letal condition of the wound.

"No sickness, are assessed instanton of the assessed, and even the alightest names, was minifest during the whole time; and after the South work the assestive because good, digestion regular, the alvine examining natural, and

all the Sunctions of the system perfect and healthy.

"By the adhesion of the either of the protraded portions of the strateh by the please contain and the external wound, a five crit was afforded to the contents of that organ, and efficient into the atolonical activy was thereby

provented.

"Contribution and contraction of the enternal wound commenced on the fifth work; the stemach became more firmly attached to the plears well intercostals by its external coats, but showed not the least disposition to clear in strikes; this (the critica) terminated as if by a autuma boundary, and left the perforation, resembling, in all but a sphireter, the natural arms, with a slight

prolumen.

"Whenever the wound was dround, the overcute of the stomach would flow out, in proportion to the quantity recently taken. If the stomach happened to be empty, or nearly so, a partial inventor would take place, unless prevented by the application of the larger. Frequently, is consequence of the derangement of the drowing, the inverted part would be forms of the size of a last's age. No difficulty, however, was experienced in policing in by gentle presence with the finger, or a spouge wet with cold water, neither of which produced the least pain.

"In the seventh week, existintian of the ribs, and a separation of their car-

tilipinous stale, began to take place.

"The sixth rib was deunded of its periosterus for about two lashes from the limitered part, so that I was obliged to amputate it about three or four lackes from its articulation with the rib. This I accomplished by dissecting back the structer, scenning the intercestal artery, and aswing off the bear with a very fine narrow saw, made for the purpose, introduced between the ribs, without injury to the neighboring parts. Beathy granulations soon appeared, and fortunit scendly over the supermed end. About half the interior edge of the fifth rib anti-fated, and separated from its corribage.

"After the removal of these pieces of hose, I attempted to contrast the would not does the perfection of the storage, by gradually drawing the

edges together with adhesive straps, laid on in a radiated form

"The riconsiderance of the external wound was at least twelve moles, and the order in the stormach nearly in the centre, two index below the left apple, on a line drawn from this to the point of the left dams.

"To notain his food and drinks, I kept a compress and tent of list, fitted to the shape and size of the parternion, and contrast there by adjustice straps.

After trying all the means in my power for eight or ten months to close the crifice, by variting achieving inflammation in the liqu of the wound, without the least appearance of surcess. I gave it up as improviousle in any other way then that of incoing and bringing them together by entures; an operation to which the patient would not exhaus.

"Hy the chapting of the injured portion of the long, a cavity was left as large as a countries sized binery, from which continued a copiese discharge of gas for three mentle, when it because filled with healthy grandstone, finally affecting to the plears, and smartly rivatriand over that pure of the manual.

"Four months after the injury was received, an above formed about your insides below the wound, morely over the carchaginous such of the first and second false ribs, very paintial, and extremely sore, producing violent accupationate force. On the application of an emillion position of printed externally, it was then hald open to the extent of these inches, and arrend shet and pieces of wait extracted. After which a generalistic length could be introduced three or love nucleon in the lengths limit direction of the ribs, towards the spine. Great pain and excesses extended from the opening of the above, along the track of the varillaginous ends of the false ribs, to the spine, with a copious disclauge from the sixus.

"In five or six days there came away a cartilage one inch in length. In six or seven days more, another, an inch and a half long; and in about the samp length of time, a third, two inches long, were discharged. And they continued to some away every five or six days, until you were discharged from the same opening, the last those inches in length. They were all entire, and selectly separated from the date rule.

"The discharge, pain, and irritation, during the four or five weeks those cartifuges were working out, greatly reduced the strength of the patient, praduced a general Schrie habit, and stopped the healing process of the original

WHITE

"Hirsely after the discharge of the last cartilage, inflammation commends over the lower and of the enqueue, which, by the usual applications, terminand in a few days in a large abscess, and from which, by laying it open two tacks, I extracted another cartilage, these lackes in length. The inflammation then absted; said in a day or two another piece cause away, and the discharge subsided.

"To support the patient under all those doblitating circumstances, I afministered wine, with diluxed muriatic acid, and thirty or forty drops of the timture of authorida, three times a day; which appeared to produce the desired

effect, and very much improved the condition of the wound.

*On the third of January, 1823, I supported another certilage from the opening over the stermin, an look and a half long: and on the fourth another, two lookes and a half in length, an look broad at one end, and narrowing to less than half an inch at the other. This must have been the environ surplings of the electron. After this the sizes closed, and there was no return of inflamenation.

From the month of dyril, 1923, at which time he had as far recovered as to be able to walk about and do light work, enjoying his social good appetite and discretion, he commonly with one, vapidly remaining his health and

strength.

"By the 8th of June, 1923, one year from the time of the arcident, the largered pure were all sound and freely electrical, with the enception of the appropriate in the strength and side. This continued much in the time obtains no it was its weeks after the wound was received. The perforation was about two and a half incluse in circumference, and the food and drinks executably exacted, indices presented by the text, compress, and buildage.

"From this time he command gradually to improve in health and sweeth, and the pently-formed integraments over the spound became figure and forms. At the point where the lacerated edges of the neumains coul of the stom-ach and interceptal neumber such and united with the cutie sern, the redshift of the external seriace and the necessar membrane of the stomach approached each other very nearly. They did not make like those of the lips, now, does not before an intermediate marginal space, of approximate houseth, completely surrounding the aperture. This space is about a thus wide; and the cutie and necessary popular are supercontent, as so while and irritable as a blatcoid number alreaded of the certain. This availables of the apertury will consistent, and constitutes the principal and almost only cause of pain or distress experienced.

from the continuouse of the specture, the introduction of instruments, dec., in the experiments, or the excelation of fluids from the gastric cavity.

"Frequent dressings with not composes and bandages, was assessable applied to releve his sufferings and retain his Sool and drinks, tattlithe water of 1833-4. At this time a small Soil or doubling of the costs of the steemeds appeared, ferming at the superior margin of the ordice, slightly postending, and increasing till it filled the specture, so as to supersede the more sky for the scenarios and bandage for retaining the contents of the stimuch. This talvular formation adapted itself to the accidental prifer, or at completely to present the office of the gastric contents when the stemach was full, but was saidly depressed with the flager.

"In the spring of 1834 he had perfectly recovered his natural health and strongth; the specture resulted; and the surrounding wound was firmly ex-

nirinel to its olgo.

"In the month of May, 1828, I commenced my first series of gastric experitments with him, at Fort Mackinsc, Michigan Territory. In the month of June following I was codesed to Fort Singara, N. Y., where, taking the most with me, I continued my experiments until August. Part of these experiments were published in 1926, in the 29th number of the Philadelyhia "Medical Recorder," conducted by Doctor Samuel Calborn. About this time (August, 1825), I took St. Martin with me to Eurhagton, Vermont, and from themos to Plattaburgh, New York. From the latter place he returned to Canada, his native place, without obtaining my consent.

* Being mable to assertain the place of his resert, I gave him up as a last subject for physiological experiments, and returned to my post at the West again. I did not, however, read my efforts to obtain information of his

place of residence and condition.

"Be remained in Causda four years, during which period be married, and became the father of two choleren; worked bard to support his family, and enjoyed related health and strength. In 1828, as he has inferred one, he engaged with the Bulson Bay For Company, as a voyage at the Indian contry. He went out in 1827, and returned in 1828; and subsequently labored

hard to support his family matil 1829.

"Accidentally learning about this time where he was, and that no empoyed perion boulds, I made entragenesses with the agents of the American Fur Company, who annually sisted Gaussia for the purpose of processing copageous, to first and engage him for my mertion, if practicable. After considerable difficulty, and at great expense to me, they encoused in engaging him, and manperted him from Lower Canada, with his wife and two children, to me, at Fort Crawford, Prainte in Chien, Upper Mississipps, a distance of nearly two thousand miles, in August, 1839. His attentic and olds were in a sensiar constitution as when he left me in 1825. The aperture was open, and bis health good.

"He now estimat my service, and I commenced monther series of experiments on the examinational gastric fields, and continued them, interruptedly, antii March, 1801. During this time, in the interrule of experimenting, he performed all the during of a common servent—chopping wood, carrying burfore, &c.—with little or no suffering as inconvenience from his around. He labored constantly, became the father of more children, and origined as good boulth and as such right as uses in general. He exhibited on crude field, in abundant countries, except when on prescribed that for particular experience.

tal purposes, and maler special observance.

"In the sering of 1831, circumstances made it expedient for him to remay with his brailly from Prairie in Chien to Lower Canada again. I refrequided his engagements to me for the time on a promise that he would return when required, and gave him as comit for housest, with, and clothen. They stored in an open cases, rise the Missocippi, passing by St. Louis, Mo., assemble the Otio Slave, then crossed the State of Otio to the Lakes, and decomind the Eric, Christia, and the Erics St. Lacrence to Mantreal, where they are not a face. He remained in Canada with his family until October, 1803, in good health and in hard labor. He was in the made at the choice, splittake at the time it portainly, and passed through Canada, and withsteed to surage with anything, with hundreds around him all sourthess to its final arthropic

"In November, 1882, be again engaged femall to use for evolve receibs, for the capeca purpose of submitting to another series of experiments. He pointed me at Plaintwept, N. V., and repedied with me to the city of Washington, where, with the facilities afforded by the head of the Medical Department, the experiments were continued upon him from Xeventon 1822, to

March Pers.

"During the wison of those periods, from the spring of 1824 to the pount ring, he has or joyed percent good health, and periods suffered much less prodisposition to discuss than is examined to men of his age and eigenstances in life. He has been nelice, whiletie, and signosis; exercising, enting, and drinking like other healthy and active people. For the last four nounts he has been untrimity plothesis and release, though constantly subjected to a continnal waves of experiments on the interior of the stemach; allowing to be intraduced or taken out at the aperture different kinds of fixed, drinks, riselacatheters. Therewesters indee, gastric juice, object, dec., almost study, and concluses hearly.

"Such have been this man's condition and eigenmentation for several parts past; and he new sujeys the unit perfect health and constitutional members.

with every function of the system in full force and vigor,

"Make of extracting the district Arabe.—The mend method of estimating the gastric mice for experiment, is by ginding the ordget on his right side, do pressing the valve width the operators, retroducing a generalistic take, of the sits of a large until, five or six techns into the summed, and then means his on the left side, until the couler because dependent. In health, and when for them for first the enough is unusity emicely supply, and contracted upon bods. On meaning the trate, the final soon begins to thou, first by drops, then in an interrupted, and sometimes in a short continuous attenue. Moving the take observe up and droves, or backwards and forwards, increase the distriction. The potential of finite ordinarily obtained in from four draction to one and a half or two manners, varying with the circumstances and continue of the statuach. Its extraction is generally attended by that possible sensition of

the pit of the storageh, termed sinking, with some degrees of faintness, which senders it necessary to stop the operation. The usual time of extracting the judge is early in the marriag, before he has exten, when the storageh is early and elected.

Op laying him Lorinostally on his back, preesing the hand spon the hopatic region, agitating a little, and at the same time turning him to the left ode. bright yellow his appears to flow freely through the gylorus, and passes out through the table. Sometimes it is found mixed with the gastric june without this operation. This is, however, soldon the case, unless it has been excited by some other cases.

"The channel finite use easily taken cut by depressing the value within the specture, laying the hand over the lower part of the storach, shaking a little, and pressing upwards. In this manner, any quantity necessary for ex-

archition and experiment our by obtained.

"Fefre —The valve mentioned above is formed by a slightly inverted portion of the inver-cours of the stornach, fitted exactly to fill the aperture. Its principal and most external attachment is at the upper and posterior edge of the opening. Its free portion hangs pensishous, and fills the operture when the stornach is fell, and plays up and down, simultaneously with the respira-

tory traiding when coupty.

"On pecsing down the valve when the stemach is full, the contents flow out explosely. When the stemach is nearly empty and quiescent, the interior of the cavity may be enamined to the depth of five or air inches, if kept distended by artificial means; and the final and details may be seen entering it, if availlowed at this time, through the ring of the escophagus. The perforation through the walls of the exemula is about three inches to the left of the enc-dis, near the left separate termination of the great curvature. When entropy empty, the elements reprincit upon itself, and sometimes forces the valve through the ordice, together with an additional portion of the amount near-brane, which becomes completely inverted, and forces a function as large as a ben's egg. After lying on the left side and shoping a few hours, a still larger parties postruoles, and spreads our over the external integrments five or six tashes in streamformer, fairly exhibiting the natural rugs, vilices combrane, and suppose post, Inlag the gastric curvity. This appearance is almost invariably exhibited in the morning, below rising from his bed."

With a subject thus wonderfully prepared for investigating the operations of the storagh—being able actually to look into it, to see the process of digestion going on, to just fixed in and take it out at pleasure, and to remove the gastric joice from the stomach and test its nature out of the stomach—Dr. Beaumout conducted, for several months, a series of very interesting experiments. They were directed principally to determining what office the stomach performed in digestion, the properties of the gastric juice, the effect produced on the stomach itself by various agents—food, medicines, stimulants, nar-

cotics, alcohol, &c .- and the comparative digostibility of different kinds of food. Among the important from satablished by them I will mention the following :- That the food is simply dissolved and converted into a kind of milky flaid in the stomach, and that this is done through the agency of the gastrie juice; that this juice is farnished only when food is present to excite its secretion, and that at all other times there is little or none in the storach; that most stirealants, and particularly ofcolol, inflame and weaken the digestion sower of the storoschy that when too much food is taken-more than the waste of the system requires—the stomach is overtaxed, and syfases to direct rendily the surplus, which often lies for hours in it usdissolved, formenting, and becoming irritating and mischierous, &c. He gives the result of his experiments upon the communitive digestihilles of different kinds of food, which I will presently sope. I will here present to the reader some extracts from Dr. Beaumout's "Preliminary Remarks," with which he preferes a history of his experiments, and in which he embodies many interesting facts, and the conclusions to which his experiments conducted him.

"OF RIGISTION BY THE GASTRIC STICE,

"Chymidention is effected in the stormerh. It is the first stage, proper, of the conversion of aliment into blood; though in the ordinary course of preceeding, as animals are constituted, some powers stops are necessary. After the aliment has been received into the stormeth, it is subjected to certain evalations or motion, propagated by the massalar filters of that organ; and is acted upon through the agency of some principle, which changes it from a hotempone on mixture of the various kinds of dist, submixed in its setien, to a mixture, homogeneous semi-field, possessing properties distinct from the alements of which it was compared. The length of time consumed in the operation is various. It depends upon the quantity or quality of the ingests, the length or discussed state of the atomich, &c. In the various experiments which I have made, the medium time may be calculated at about three sed a half hours.

"It has been suggested by many physiologists, and positively asserted by some, that there is considerable increase of the temperature of the strench during the digestion of a ment. But from the result of a great number of an periments and constitutions, made with a view of morntaining the much of this opinion, in the scapty and full state of the organ, and during different stages of objections, I am convinced that there is no alteration of temperature, unless some other circumstance should produce it. Astive success ways circuits the temperature of the stammels, whether fisting or full, about one and a half degrees.

"With respect to the agent of objustication, that principle of 1% which converts the crede allesent into chyese, and renders it fit for the action of the hepsite and panersatic fluids, and final assimilation and convenion into the finds, out the various thoses of the minel organish-ne part of physiology. has parliage to much engaged the attention of markind and exercised the Importately of physiologists.

* By far the most respectable and intelligent physiologists have now settled down in the holes that characteristics is effected in the stomach by a peculiar and specific selvent, secreted in that organ, called, after Spatharman, the Gastrie Jules. From the difficulty, however, of obtaining and arbuniting such fall to the test of experiment, and the diversity of results in the examination of each as has been obtained, much indefiniteness in experienced on this enliloce. The prosence of an active solvent is ruther an admission on their porta conclusion from the effect to the cause.

"The gastric juice appears to be secreted from munkerless vessels, distinct and square from the marten felli-les. These speeds, when exembed with a microscope, appear in the shape of small lacid points, or very fine profile, signified in the interspiess of the folicles. They discharge their field only when solution to do so, by the presence of alterest, or by mechanical irritation.

"Pere gestric jules, when taken directly out of the stemmin of a builtly alak, assuiced with any other field, save a portion of the assess of the stemp ach, with which it is post community, and perhaps always rout bood, in a clear, transparent fluid, inchirens, a little saltish, and very perceptibly avid. Its tasts, when applied to the tongue, is smaller to thin unreligious water, slightly acid stated with mariatic acid. It is couldly diffusible in water, whos, or spirits suightly effervesors with alkalies, and is un effectual solvent of the materia alimentaria. It posesses the property of cougalities alleanes in an examined degree; is powerfully metasptic, checking the patrefaction of most; and effectually restarative of healthy action when applied to aid, fetid seres, and forth ulterating envisces.

"Salara and muons are sometimes abundantly mixed with the gustric julos. The notices may be expansied by filtering the mixture through fine lines or modes carefrie. The matric juice and part of the salva will pass through, while the martis, and aprenous or frothy part of the salins, remain on the filter. When not separated by the filter, the senson given a replaces to the fluid that does not belong to the gastrio juice, and soon falls to the bottom in losse, white fromfi. Salwa imparts to the gustrio jules an arms sings and frothy appearance; and, when in large proportion, renders it fetid in a few days; whereas the pure gastric jakes will keep for many months without becoming forid.

"The gentric juice does not accumulate in the cavity of the statutch water allescenary matter be received, and excite its vessels to discharge their contents for the immediate purpose of digestion. It then begins to citale from its proper needs, and increases in proportion to the quantity of allower natwally repired and received. A defaits proportion of allment only can be perfectly digestion, it appears that the proportion of juice in the ingents in stificial digestion, it appears that the proportion of juice in the ingents is greater than is generally supposed. Its amica on food is indicative of its chamical character. Like other chemical agents, it decomposes, or dismiss, and continue with, a fixed and definite quantity of testion, when its action reases. When the juice becomes unfareful, it referes to lessolve source, and, if an excess of food have been taken, the residue remains in the storanch, or passes into the boxels, in a crude state, and fineposity becomes a source of acrount infinites, pain, and disease for a long time, or until the circumfactorial nature restrates the rescale of this viscus to their natural and benkiny across—either with or without the sid of medicine.

"Such are the appearance and properties of the gastric jokes, though it is not always to be obtained pure. It varies with the changing condition of the stanish. These variations, however, depend upon the admirtures of other fluids, such as index, water, muons, and sometimes blie, and perhaps pastrastic jutes. The special selvent mod!—the pentric jutes—is, probably, terministy the same substance. Decomponent of the digestive organs, single felvile excitencest, fright, or any soldies affection of the pentrics, come material at terations in its appearance. Overfurdeding the seasonth produces addity and rancially in this organ, and returns the solvent action of the pastric jum. General febrile irritation seems entirely to suspend its secretion into the gastric onthy, and renders the villess cost day, sed, and irritable. Under such decreases the will not respond to the sell of alignmentary stimules. Four and super check its secretion, also: the latter exames an inflat of bis into the stomach, which impairs its solvent properties.

"When Food is received tath the storaged, the gastric results are excited by its stimulus to discharge their contents, when objectionation commons. It has been a favorite opinion of authors, that food, after it has been received into the account, should "menals there a short period before it undergoe my change." The common estimate is one four. For this is an erromous condesion, arising from inaccuracy of observation. Why should it remain there are changed? It has been received into the organ which is to effect an important change upon it—the gestic juice is ready to commons its work of saintion soon after the first monthful is swallowed; and, overlaidy, if we admit that the gostro juice performs the office of a chemical agent, which most physiologies after, it is continue to all our notions of chemical armon to allow it see tunness to rest. It must commons in operation immediately. That is down so, is distinctly manifested by close observation of its action on food in the healthy storage).

"It has been said, that when one most follows another in quick excession or, in other words, when a subsequent usual is taken before the previous our is deposted, that it somehow disturbs the process of digestion. This is prompally true; and it allows of a definite solution. It is because more is received into the stouach, in the approprio, then the gestric juice can dissolve. And this disturbance will result as well when two much find has been taken at ource, as when too much has been received in rapid supposion. But if the

quantity be moderate, no ill effect will enoug. Many children are in the habit. of pating as often as once an hour through the day, in small expatition, withcat, experiencing any ball consequences. Cooks are also accustomed to the practice of occurantly tasting of the various articles of food which they are proparing for the table; and yet I am not aware that they suffer any inconvenience from the liabit. From these and other facts, as well as from direct, experiment. I think it is norfeely areasest that direction must progress as wall below as after the expiration of an hour,

"On the subject of opercion or repose, during the digestion of a most, there has been some diversity of opinion. It has generally here conceded, however, that a state of perces is most favorable to elemification. It has been said that, during the digotion of almost, the energies of the system were centred on the storage, and should not be withdrawn to any distant part; that the strength becomes a fornite of finning Ac., &c. I protest, again, against the use of terms which have no defaite meaning. I believe the housfits of science will be better subserved by albering to facts and the definitions of experiment, thus by the promuniton of hypotheses founded on uncertain data. Frees memorous trials, I am persuaded that moderate exercise oundness considerable to healthy and rapid digestion. The discovery was the result of recident, and contrary to preconceived spinious. I necount for it in the follows leg way. Gentle exercise increases the sireulation of the system and the form percebury of the storagh. This increase of temperature is generally about one and a half dogress. Now, if the gustric juice he a solvent, its action is similar to other chemical solvents, and its providity is increased in proportion to the devation of temperature. Of the reason, I leave others to judge. The effect is pertain. Second and fatiguing exercise, on the centrary, retards digotion. Two reasons present thouselfor for this-the debility which follows hard he her, of which the stomach partaken; and the depressed temperature of the apeners, consequent upon perspiration and evaporation from the eartices.

"Exercise, sufficient to produce moderate personation, increases the secretions from the gastrie ravity, and produces an accumulation of a limped daid. within the strength, alightly seid, and possessing the solvent properties of the gentric folce in an inferior degree. This is probably a mand third, a small

proportion of which is guerrio juice.

"Bile is not essential to chymitication. It is seldom found in the atomich, except under positive circumstances. I have observed that when the use of fat or only food has been persevered in for some than, there is generally the presence of fells in the gestrie finide. Whether this be a pathological placpossesses, indicated by the possibility indigestible nature of oily food; or whether it he a provision of nature, to next the objustication of this particular limit of diet, I have not as yet satisfied myself. Off is affected by the gastrio juice with considerable difficulty. The alkaline properties of the bile may reader it many susceptible of solution in this fluid, by offering in chemical character, Irritation of the poloric extremits of the storage with the end of the elactic take or the bulb of the thornometer, generally accinion a flow of bile taxo this create. External agitation, he kneading with the hand on the right side. over the regime of the liver and pylores, produces the same effort. It may be hid down as a general rule, however, subject to the exceptions above mentioned, that bile is not necessary to the objections of feed in the someth.

"The resulting compound of disperium in the scornich, or elignet, has been described as "a homogeneous, politineous, grayish substance, of a sweetish, insipid teste, algebry acid," doc. In its homogeneous appearance, it is invariable; but not in its roles—that partiable very slightly of the color of the fool colors. It is always of a lightly to grayish roles; verying in its shades and appearance, from that of greats to a grayish or dark-colored great. It is also more consistent at one time than at another—modified, in this respect, by the kind of the used. This circumstance, however, short not affect its homogeneous share-ter: A rich and consistent quantity is all alike, and of the same quality. A power and thinner parties is equally uniform in its appearance. Chyme from letter, fut means, oil, drc., resembles rich crown. That from latinaccoses and vegetable diet has more the appearance of great. It is invariably distractly acid.

"The passage of obysise from the storaich is gradual. Portions of chysis, is they become formed, pure our, and are exceeded by other portion. In the early stages, the passage of the chysis into the disoderous is more slirely effected than in the latter stages. At time it is more mixed with the guilt-gested portions of allowers, and is probably separated with considerable difficulty by the powers of the storaich. In the later stages, as the whole man becomes more chysisled and fitted for the translation, the process is more rapid; and is accelerated by a popular contraction of the storaich, a Jesseption of which will be found in the next section. It appears to be a provision of suture, that the obysis, towards the latter stages of its formation, should become core stimulating, and opening on the pylocic extremity of the storaich, so as to produce this popular contraction.

"After the expulsion of the lest particles of chyrac, the stended become optimized, and no more juice it exercised until a feeds empty of feed is powerfed for its action, or some other mechanical injustion is applied to its internal cost.

"Water and alcohol are not affected by the gastric joine. Finish of all kinds are subject to the outer exemption, unless they hold an adultion or sequesion orans animal or regulable affected. Phods pass from the stamped very soon after they are received, either by absorption or through the pylorus."

Dr. Bennmont describes the appearance of the internal surface of the storage, both is health and discuss—when influenced by stimulants and when digesting ordinary food, &c. On this subject he says:

"The inner court of the streamch, in its natural and builtly state, is of a light or pulo pink-color, varying is its base according to its full or empty state. It is of a soft or velvor-like appearance, and it constantly covered with a very two, transported, which among this whole interior of the organ-

"framediately beneath the amount mut, and apparently incorporated with the village morateurs, appear small, spheroidal, or oval-shaped, glandular bodiies, from which the mucous third appears to be secreted.

"By applying alment, or other irritants, to the internal cost of the stumach, and observing the effort through a magnifying glass, innerseewise miretelated points, and very fine mercons or vaccular papidles, can be seen arising from the villoss membrane, and protrading through the mnoras cost, from which dietile a pure, limpid, solution, elightly elected fluid. This stood, then encited, is invariably distinctly and. The smear of the storatch is less find, more cheld or alloughous, semi-opaks, sometimes a little saltist, and does not person the alightest character of solding. On applying the tonges to the macoss cost of the stormen, in its empty, emirritated state, no acid taste can be perceited. When find, or other princes, have been applied to the villras. monkrains, and the gastrie papille excited, the and taste is intensligibly perrepetible. These populies, I am convinced from observation, form a part of what is called by authors the ville of the stomach. Other vessels, perhaps alsorbing as well as accreticty, compose the remainder. That same portion of the vill form the currency ducts of the woods or glands. I have not the least doubt, from inammerable arrian examinations of the process of secretics of gastrie joice. The invariable effect of epolying aliment to the internal horsexpossed part of the gastrie membrane, when in a healthy condition, has been the emplation of the solvent fluid from the above-mentioned popular. Though the exercions of those resuch could not be seen, even with the assistance of the best microscopes that could be obtained; not the points from which the field isseed was clearly indicated by the gradual movement of innumerable, very fine, head quecks, giving through the transparent muchos yout, and motaing to burst and discharge themselves upon the very points of the pupilles, diffosing a laught, thin thuil over the whole interior gastric surface. This uppearance is congicuous only during almomistion or distribution. These local points. I have no doubt, are the termination of the exerctory facts of the gastric vesiels or glands, though the closest said most accurate abscruption test sever be able to discove their distinct apertures.

"The fluid so discharged is absorbed by the allowant in contact, or collects in small drops and trickles down the sides of the stemach to the more depending parts, and there mingles with the food, or whatever else may be countered in the gastrio cavity. This find, the efficient cause of digration-the true gastric junc of Spalinnessi, I have no doubt-for generally been obtained for expericent by mechanical irritation of the internal coat of the storact, produced by the introduction of a gum-clastic rule, through which it has been preesced.

"The gastric jukes never appears to be accommissed in the savity of the stimust while fasting; and is solden, if ever, discharged from its proper securing vessels, except when excited by the natural stimulus of aliment, mechanical critation of value, or other accitants. When almost is received the false is goom out in exact proportion to its requirements for solution, except when more fixed has been taken thus is necessary for the synta of the system.

"When reconstral inflation by a gen-digostible substance, as the cluster

table, stem of the therm.earon, &c., has been med, the secretion is probably less than when the irritation has been produced by such substances as an readily dissolved in the gastric jace. All secretary stimules, when taken has the stemach, is diffused over the whole vill-on surface, and excises the gastric vessels, pearally, to excrete their flaids replacedy; whereas the irritation of takes, dec., is local, and produces only a partial excitation of the trends, and a sensety flow of the gastric jules. Bloom, the showness in obtaining the sleer flaid from the scopty stomach through the take. I have never, on numerous trials, been able to obtain, at any one time, more than one and a half or ten stances of this fluid after the stomach had disposed of its alimentary nutties, however long the period of abstingues had been. The decisions of the take. Ten, aftern, or more solution, were necessary to collect even this small quantity. Whenever fluid was obtained in larger quantity, as was sensetime the man, it is randally contained more than the usual quantity of tracts.

"On viewing the interior of the storage, the possiler formation of the ingersouts are distinctly exhibited. When empty, the rage appear irregularly folded upon such other, abuses in a quasicent state, of a puls plat-noise, with the surface merely intricated with manus. On the application of aliment, the action of the vessels is increased, the color beginnessed, and the represent metions excited. The small gastric pupilles begin to discharge a clear, transposent fluid (the alimentary solution), which continues abundantly so accountant

as allowed in received for digestion.

"If the turnous covering of the villions over he wiped off, with a sponge or hardborehief, during the period of objectionton, the membrane appears roughtab, of a deep pink-color at time; but in a few seconds the foliation and time papille begin to poor not their respective fluids, which, being diffused over the parts abraded of master, restore to these their possible soft and telest-like cost, and pule pink-color, corresponding with the andiscarded postures of the numbrane; and the gastric jukes goes on accumulating, and trickles down the sides of the atomich again.

"If the numbrane he wiped off when the stemach is ampty, or during the period of facting, a similar roughness and despend only appear, though in a less degree; and the number studiation is more showly record. The follows appear to swell more gradually. The finide do not accomplate in quantity sufficient to trickle down, as during the time of objunification. The success

coat only appears to be restored.

"The foregoing I believe to be the natural appearances of the internal cost of the streamels to a healthy condition of the system.

" In disease, or partial decongressest of the healthy function, this monlesses

presents various and essentially different appearances.

"In fibrile disthesis, or proloposition, from winterer come obstrained perspiration, under excitionent by structuring Inputes, overloading the stomach with fixed—four, sugar, or whatever depresses on disturbs the nerves system—the villous cost becomes constitute and dry, at other times pulsual moist, and loss its emooth and builtly appearance; the services become retiated, greatly distincted, or entirely suppressed; the services cost

scarcely perceptible; the folicies that and flavoid, with secretions intofficient

to protect the vaccular and persons papille from instation.

"After excessive earling or drinking, shy millionion is retailed, and although the appetre is not always hapaired at first, the thirds become arrid and sharp, equariating the edges of the aporture; and almost invariably produce guittle-up patches, and the other indications of a discusoil state of the internal numbrane, mentioned above. Vitinged bile is also found in the starneds under those cirexecutances, and thoself of manus are until more abundant than in bodth.

"Whenever this morbid condition of the attached occurs, with the moral meaning armytons of dieses, there is generally a corresponding appearmare of the tongat. When a healthy state of the standard is restored, the tongue invariably becomes clear."

To the following statement of Dr. Beaumout, I wish to oul special attention. We find in the appearances here stated by Dr. B. to have been seen to exist in the stomach of St. Martin, a most complete demonetration of the doctrine I have taught elsewhere in this book, via, that the various bomors which appear on the surface of the body, are capable of being transferred to, and reproduced on, the internal organs—the lungs, the stormen, the intestines, doe. In this view, the facts given in the annexed paragraphs are exceedingly interesting and important?

14 There are conclines Kumi on the internal cost of the storaich, emptions, or the pared paraphage non-unmarrow, but distributed here and there upon the willows murmbrane, rising above the surface of the mescons cont. These are at first sharp, pointed, and red, but frequently become filled with white paralent matter. At other times, irregular, circumscribed, red patches, varying in size or extent from half an tuck to an inch and a half in recombinance, are found. on the internal cost. These appear to be the effect of emporter in the minute. blood would of the streams. There are also wen at force small aphtheres cruess in connection with these red putches. Abrasians of the lining matebruse, like the rolling up of the averone cost into small shroke or strings, leaving the papille bare for an indefinite space, is not an encommon appear-ACYCE.

4 These dismost appearances, when very alight, do got always affect essenstally the pattric apparatus. When comiderable, and particularly when there are corresponding symptoms of dismiss—as dryness of the scootly third, asrelevated pulse, &c.-us guerric juice can be extracted, not even on the applieation of all services stimules. Brinks received are insmediately absorbed, or otherwise disposed of-more remining in the stemicisten minutes after being awallowed. Food taken in this condition of the strenack, rounted and procedfor twenty-four or forty-right hours, or tweet, increming the damagement of the whole alinestary cottal, and apprainting the poweral extentions of disease,"

Here we find pimples, pastules, Mitches, and erests, or scales. "breaking out" on the inner surface of the stomach. If there were on the external skin, we should not healtate for an instant to call them some form of skin disease—the result of hunsee or roison in the Mood. Dr. Beaumont says, when those symptims appeared in the stomach, direction was supersied, no gostrie juice was secreted. there were dryness of the mouth, heat, thirst, a quickened palse and demargement of the whole illimentary cated. And when we find, news often do, that precisely the same symptoms occur in many cases where on external burner or eruption disappears from the surface, is these my room for doubt that it has gone in upon the stormels, and that if we could look into it we should find eruptions there, as did Dr. Besumon? But there is no reason for supposing that those proptions are confined to the stomach; they extend to the boxels the heart, the inner surfaces of the lungs, threat, &c.; and if we could see them, we should observe the same appearances there which Dr. Beaumost found in the stomach of St. Martin. We often see persons troubled with salt-theum, or Aeroes, errossa, sertionric (petileradi). rounds, or some other form of humor, who have good general beath so long as the disease continues on the surface, but who, as even as it disappears, become sick and disturbed in some may / perhaps they have a cough, with asthma, short brouth, stricture about the chot, pair or burning in some part of the chest, &c.; or they may have obstitute dyspends-all food lying heavy and souring on the stomach-with irritation pain, flatalence, a sinking, prostrated fields, hillionness, namen; the bowels being either torpid or greatly to laxed, with wind, colic, &c.; perhaps there will be distressing pulps. tation of the heart, with general derangement of the circulation. In these cases the hunor has determined upon the sital organ series where, and is producing the mischief felt. It is only when we fully understand and recognize this view of disease, that we are able to treat these complaints successfully,

PERISTALIDE MOTION OF THE STORAGE.

Dr. Beaumont thus describes what he observed to be the unscalar movements of the stomach, which are evidently very important in the process of digretion:

"Its (the stemach's) melicus, as comprising a part of the process of digestion, I have audenvored to observe as accurately as practicable, and I give the rowsk.

"The human stomach is furnished with suspeaks fascious, so arranged as to slorter its disructer in every direction. By the alternate contraction and relaxation of these bunds, a great surfect of medica is induced on this segge, sensetives transversely, and at other times longitudically. These alternate contractions and relaxations, when affecting the transverse dismeter, produce what are called permicular or peristable motions. The effect of the contraction of the longitudinal filters, is to approximate the splenic and polycic extroubles. When they all act together, the effect is to lemon the cavity of the sterned, and in press upon the contained almost, if there he say in the strength. These protions not only produce a rotottast disturbance, or elevering of the contents of this organ, but they council them at the same time to revalve assemd the interior, from point to point, and from one extremity to the other. In addition to these motions, there is a constant agrention of the strench, produced by the receiptors associa-

"These contractions and relaxations of the nerveiller fucionii, do not observe any very most made. Their votions are modified by various erectesstance, such as the etimelant or non-climalant property of the logistic, the healthy or technility state of the internal coat of the storach; by exercise and

by repose, de, de,

"The ordinary course and direction of the psyclations of the food, are first, other pussing the recordinged ring from right to left, along the small arch; thence through the large curvature, from left to right. The below, as it unters the cardia, turns to the left-passes the aperture, descends into the splenic catremity, and follows the great curvature towards the prioric sud. It then rebarns, in the course of the smaller curvature, makes its appearance again at the speriere, in its descent into the great curvature, to perfects shallar revelutions.

"Such I have ascertained to be the revolutions of the contents of the storyask, from being able to identify particular portions of food, and from the fact. that the balls of the thermometer, which has been frequently introduced store ing obymification, invariably indicates the same movements. These revelotions are completed in from one to three minetes."

My readers will not, I think, be displeased with me for presenting them with these extended extracts from the interesting work of Dr. Benument. The annals of our race furnish us with no instance, save this of ALEXES Sr. Marrier alone, in which the stonesch of a sound. healthy branen being has been thrown open to impection and experiment; and it is not at all probable it will over occur again. It may he that others may have their stomachs torn open by gan-shots, or in some other way; but that such a calamity will occur to any one promoting the perfect health, the hardy constitution, and the won380

derful recuperative powers of St. Martin, and that the wound will be made so as to open the stomach in such a manner that is shall heal with a feculous opening, the classess are beyond competation against such an event. The observations and experiments of Dr. Beaumont are therefore of singular importance and interest.

After rending the views now given of the process of digestion, we are prepared to understand why indigestion is so very common to well as why it presents to many and such various planes and symptoms in different individuals, and even in the same individuals at dif-Screen times. Sometimes the fight is in the stomach-theer is ten much or too little gustrie jules, or it is of a poor quality; so the stopneh less lost its museular tone and atroughl, and the food lies still and motionless in it. Then we have wind in the stormelt, a dead heavy feeling, pair, sinking, &c. Sometimes the liver is at finit-it is tonpid and inactive; the bile is withheld, or is of a virious quality-or it may be there is a surplus of bile; and there will be fermentation of the food in the doodenum, flatalence, cutting pains, and custimness, or irritation of the bowels, with discriping, emarinties, loss of strength, &c. Frequently the stomach is overloaded, or has imposed upon it food that it cannot dissolve, or that is too exciting and initating, or that is too sedative, paralyzing it more or less. Of course, the symptoms in any case will depend upon the organ or part which is at finit-and no two cases will be likely to be procisely alike.

As I have said, we are prepared to know, without surprise, that indigestion is all but a universal complaint. With our artificial and enervating labels of fixing-our empirorous disposition to est every thing that pleases our palates, whether digestible or not, and our gomeandidug propessity to stuff the storaich beyond the warm of the system-it is not to be unadered at that very few have a perfeetly healthy digestion. It is certainly a fact that few laws : whether they are laborers and others engaged in active employment, or those of sedentary or idle habits-whether farmers, mechanics, professional men, or men of no profession, whether rich or poor, high or live -almost everybody suffers more or less from indigestion at one time or mother. It is, of course, experienced more by these who lave high and exceedse but little. It is distressingly common among females; their in-duor life and sedentary habits, and, I will add, the nover-censing cares and anxieties which perpetually press upon a large class of our wives and mothers—a hunden which, with the usual hibits of life of females in this country, is but little counterpoised by relaxation, are seenent, or other respits from the monotony of household family dation—especially favor indigestion and dyspepsis.

VARIETIES OF INDEGREETON AND DESPRESSA.

As I have before infinated, the forms, phases, conditions, symptoms, and effects of indigestion, both temporary and chronic, are exceedingly numerous and various. This will be readily seen when it is considered that a number of organs, each distinct from all the others in its structure, location, and office, are engaged in digesting the fool; that each of these organs is liable to various discuses pecufire to itself; and that if any of them are disordered, dipostion is inpaired. I do not propose, however, to enter at length into a particular description of all the varieties of dyspessis or indigestion-it would require a volume to do so; but merely to point out the principal classes, if I may so term them, or forms, of this diseast, into which it is naturally divided. In doing so, I shall remark, first, on indigestion caused by disorder of the atomsoft? second, on that caused by disorder of the line; third, on that canvel from disorder of the penerous; fourth, on that emsed by disorder of the loveds; and, \$705, on that resulting from the inflaence exerted upon some one or more of these organs by discase or derangement in other parts of the system. It should be remarked, however, that disorder of any one of these organs seldom occurs alone. Most usually, when one is affirsted, some one or more of the others suffer with it, and thus result minierum and various complications of despeptic symptoms.

EXPONENTION PROBEDIOUS IN THE STORAGE.

Passing over the active inflammations and the over diseases to which the stomach is subject, as not within the scope of this work, I will notice some of the forms of indigestion, both temporary and protracted, which have their sent in the stomach itself; and,

(1.) Ledigeriou from some debility of the stomach.—This may manifest itself in a mere consender weakness, by which its peristaltic action is impaired. This action we have seen to be very important in the process of digestion. When it is in any measure suspended, the food, lying here and motionless in the stomach, is not properly mingled with the gastric jaios, and, of consequence, is slowly dissolved; under these circumstances portions of it may remain a long time—in some cases one to nixty days even—undigested in the stanach, fermenting, becoming sour, greatly initiality the costs of the storach, and causing pain, evacuations of wind, and a dead, heavy, opprenive sensation at the pit of the storach; ferwishness, thirstlimitade, prostration of strength, and many other distressing symptoms. Usually, in these cases, the food posses from the storach more or less undigested and unfitted for autrition. Then we have geneally invitation of the bowels, pain, flatalence, colic, constipation, or dinarhors, and, if long-continued, consciption and general prostration.

Or this debility may show itself in a delicioney of gustric juice, or gastric juice of a vicious quality. If this peculiar fluid, the solvers of the food, is not furnished at the proper time in sufficient quantity. and of a good quality, then of course mischief ensues. Although the muscalar power of the stounch may be unimpaired and the field be ever so much "charmed" up and thrown from side to side, it will remain undissolved unless it is brought in contact with the digisting monatrussa, by which alone it can be dissolved and its elemical clurneter changed. In these cases, we have a more active form of dyspepols, if I may so expense it, than in simple loss of nuscular power. The pain is more immediate and violent in the stomach, and it is apt to be felt in the chest, in the left side, in the lack, between the shoulders, and across the centre of the body. The person will feel tofull, and as though the storned prosed hard up against the lurge, heart, &c. Often the food is thrown up, and found to be as excet as when swallowed. There is also a restless, aneasy, nervous feeling, commencing at the stomach and extending throughout the system. The face in some will be pale and sunken, in others flushed and red. Sometimes the hands are cold, at others burning with heat. Often there is severe headache-in some instances protracted and continu ous, in others occurring at stated intervals. The appetite is vitinted -constinue too craving, at others gone entirely. Not undequently there is polpitation of the heart, and tendency of the blood to the head. In many, a dry, backing cough commences somer or later, with irritation and perhaps soreness of the throat, leading the sufferer to suppose, perhaps, that he has positive disease of these organs. Aimost always the liver in these cases is more or less derauged, and, is consequence, there is torner and shargishness of the bowels in some,

in others diarrhom, and in others, again, both, alternating with each other.

In this form of indigestion, more or less pain or measiness is usually experienced very soon after unting, and the patient feels best when the stomach is empty. In the course of from ten to thirty or forty minutes after taking food, there commences a sense of heaviness at the stomach, soon followed by positive pain—constitues a dead, aching pain, at others sharp, hard, and enting. Often this poin scens to change its place from side to eide of the stomach, as though a hard substance was being subbed against its sides and wounding them. Soon there are executations of the food, often until a great part of the usual eaten is ejected—occurrings, but not usually, accompanied by nursua and retolting. In some cases the food is therein up entirely unchanged; in others it will turn exceedingly soon, sharp, and actid, so that it embls and almost exercises the threat.

Usually, in this disease, there is much depression of spirits; not as much, however, as where the liver is more involved in it. There is other rather a feeling of lassitude, ladifference, and absence of all energy and ambition, than of active despendency or hypochondria; more or less irritability, fretfiffence, and previsiones are felt.

The two forms of indigestion described, are probably the most common of any; and we find them in all degrees of obstinacy and stolence—from a simple temporary attack, passing off with the imwholesome fixed, the surfeit, or other occasion of it, to scaled, longcontinued positive dyspesis—a condition from which only the most skillfully adapted treatment can rescue the patient.

The cames of this slebility of the storage are various and exceedingly numerous. The most frequent are west of exercise and improper elict. Thus we find sedentary people more liable to it than those who are active. Indeed, a boothly digestion cannot be maintained without a certain amount of exercise; and if, while exercise is neglected, a quantity of food is taken shally, as great as is usually consumed by the same person when actively employed, the storage is sure to become debilitated, and dispeptin to follow somer or later. There is no escape from it. If the quantity and kind of food were always regulated with reference to the exercise taken, and no more consumed than is sufficient to supply the shally waste of the system, sedentary people might retain tolerable health for a long time. But, most unfortunately, guided by a ritiated appetite, such persons al-

most universally cut too much, and stell the stormed three or four times a sky with more food than it can dispose of without shifty exercise. Hence the great prevalence of this form of dyspersus

Large-entimed aver-exertion will asso induce this debility of the storagh. This, two, reduces the general powers of the system, the digestive organs suffering with the rest. So will a liabil of violent exercise innocliately after meals; irregularity in taking food; crude, bullgestible food; deinking large quantities of flaid with one's totals; a continued use of stimulants, such as alcoholic liquors, strong coffer, nucli spice, mustard, pepper, &c.; long-continued depression of mind, great mental anxiety, pentracted study, the habitual indulgence of a violent temper—all tend to weaken the power of digestion and induce sented dyspepsia. Forces—bilious, typhus, and other terms which confine the patient to his bed for a long time and reduce greatly the vigor of the system, are a frainful source of dyspepsis form debility of the storageh. In fact, my come or influence which breaks down or impairs the gital force of the system has a tendency to induce it.

Children other enfer much from this species of indigestion, where they are allowed, as is too often the case, to est too much, and of food that is crude, raw, and indigestible; or that is too stimulating and weakening, such as grown fruit, uncooked vegetables, carding, sweetments, &c. Many suffer terribly during techning from this cause; when the installion of the game is communicated some or less to the stomach.

INDODUSTION FROM DEHANGEMENT OF THE LITTER,

We not infrequently must with cases in which the starrach appears to perform its office very well, and yet there is distressing indigestion—perhaps scated dyspepsia. This occurs where the sent of the difficulty is the lives. The food may be readily and completely dissolved in the stomach; but if, after passing out of the stomach into the declarate, it is not not by the bile from the lives at the proper time, is proper quantities and of a good quality, it immediately ferments, becomes acrid, and irritates the intestines, so as to cause the most distressing pair and follows, with a long train of urbappy symptoms. It is through the agency of the bile in part that the chance from the stomach is converted into chyle, and prepared to be

taken up by the lacteris and carried into the blood. If the bile is withheld, or is vicious, this change from chyme to chyle is not effected. The food, in this half-ligested state, passes through the intestines unabsorbed; there is costiveness, flatalence, great pain across the centre of the body, a vellow, bilious complexion, a sinking of the strength, and often emeriation. Sometimes, however, the person retains nearly his mend flesh and strongth. There is often more or less pain and heat in the right side. For some hour or two after enting the patient usually feels quite well; has no pain in the stemack and no disagreeable sensations—his spirits are buorant and his strength apparently unimpaired. But at the expiration of some two hours he begins to be sensible of a pair, slight at first, commencing just under the forward ends of the short ribs on the right side. It is a peculiar pain, not exactly sharp and acute, nor yet shill and heavy, but, as it were, a combination of all, with a terrible sinking, prestrating sensation. Soon it extends towards the left side agross the centre of the body, until the whole internal viscera seems to be a secur of pain. In some cases it becomes almost intelerable, lasting for hours, and perhaps until the next med is taken. Esting usually stope it, and gives relief until the food enter has passed out of the stornach, when it again comes on. Alternating between this distress and the intervals of temporary relief, the sufferer other finds his life a burden which he almost desires to throw off. It is this firm of dys pepsia that has, most of any, a depressing effect upon the mind. At times the despendency is terrible, not unfrequently leading to suicide, It makes the sufferer morese, cross, dark, gloosey, and most disagreeable, both to himself and to everybody else. In this state he can see nothing in life worth living for: wife, children, home, friends, business-all loss their hold on his affections and interest; he is its satisfied with every thing; all looks dark and gloomy; the difficulties and duties of life seem insumpountable; moledilla rise into mountains; prosperity he considers as no longer to belong to him; he is "certainly coming to powerty and want," he is of "no not, and nobody cures any thing the bengt he is "a eigher, and had better be out of the way; the distrasts Providence, abandons his religious hopes-religion itself "is a firties," or, if it is not, be "has and can have no part nor let in it?" he is testy and quarrelione; he construes even a pleneast look isto as affront, and seems specially commissioned to make himself and all about him as miserable as possible. Indeed,

this dark weight on the spirits is one of the most disagreeable and even distressing features of this form of deepersia.

As will have been inferred, this form of indigestion may exist for a time while the stomach is comparatively healthy. But usually, sooner or later, it suffers from the existing disorder, and becomes involved in it. It becomes debilitated and weakened, loses its muscular vigor and its full power to secrete gastric joine; so that, in most instances where the disease is of long standing, there is disorder of both the liver and the stomach, constituting a formulable and obstnate disease. There will of course be, in such cases, a combination and complication of the symptoms peculiar to each.

The curses of Ecor Syspensia are found in any influences which tend to impair the function of the liver ;- baldtual surfeiting for a time on gross minul food-particularly fats, drinking much coffee, a bad condition of the skin induced by not batking it and keeping it close and its powe open, lack of proper exercise, &c. But one of the most fruitful causes is the injudicious use of mercurials cultured Mye xxess, &c. These, in their direct action, strongly stimulate the liver, and tend to leave it permanently weakened and torpid. There are thousands of persons who, turning taken much of this drug in the early part of their lives, find themselves sinking into descepsia between the ages of twenty-live and forty, quite maccountably to themselves, their friends, and their physicians. The truth is, their favers have been scorched and weakened by mercury; and as soon as any unusual demand is made upon the liver, it breaks down. Then follows the long train of disasters I have described; aggravated after by most injudicious, impresprinte treatment-sometimes even a repetition of this very mercurial overse!

There is no class wholly exempt from this disease; but the persons must agt to suffer from it are those who, during their early years, here been accustomed to an active life, and who, at a later period, exchange this for a sedentary one, or one in which they have less exercise, and pass more of their time in-doors. Such persons are apt to carry with them into retirement the same habits of hearity eating and drinking in which they indelped when exercising freely. They have "good appetites"—they "out well," "sleep well," "rest well," "never had a day's sickness;" perhaps it never occurs to them that they can be sick, and they see no reason why they should dony themselves, or curtail their enjoyment to the fall of the "bounties of Providence." But they find out the reason in due time, when they wake up to the resitation that they are confirmed dyspepties. It is perhaps usedess to sound a warning in the cars of such persons, and urge them to moderate their diet to conform to their altered habits of life in other respects. It is difficult to convince the volunt and benithy of their danger.

INTOGENTION PROM BEHANGEMENT OF THE PANCERS.

It will be recollected that a peculiar fluid is poured into the duedonum and mingled with the food as it comes from the stomach, togother with the hile, called the panerestic juice. This is a limpid fluid, resembling the saliva, which is furnished, as we have seen, from a large gland lying back of the stomesh, and is poured out through a small duct into the duederum. The office of this flight is supposed to be, and undoubtedly is, to not on the fatty matters in the food, converting them into an emploien, resembling soan, and thus preparing these matters for absorption into the system. This gland, the panereas, is subject to a variety of discuses-inflammation, oneer, scircless, tussors, &c. When any of these occur, there is of course more or less disturbance of the digestion. But they are not common, and I do not propose to notice them particularly. A more frequent affection of this gland is a simple debility, torpor, or functional disturbance, in which the panerentic juice is found to be secreted and furnished in insufficient quantities, or of a poor and vicious quality. Where this is the case, the person soon discovers that all kinds of fire-fix park, beef, or other meats, rich sours, gravies, pastry, &c., &c.,-disagree with him. If he confines himself to a firmoscore diet and to lean meats, he has but little trouble; but as soon as his appetite tempts him to a departure from this diet, and he indulges in any thing of an obeginous character, he has trouble,-sour stomach, wind in the stomach, the throwing up from the stomach of an acrid, futty fluid, that scalds the throat-flatalence, pain in the stemach, and often in the borrels, and, if the derangement continues any considerable time, great emsciation, a peculiar pale, ness and flabbiness of the face, &c.

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INDESERTION FROM DEPARTMENT OF THE BOWELS.

Chronic indigestion not unfrequently has its wat in the biwele. As we have seen, an important part of digestion is performed in the intestines. The food, after having been dissolved in the stormels and mingled with the bile and pancreatic juice in the dandourn. is submitted to the action of the instead absorbents stationed along the route of the intestinal count which the food is mude to travel, by which its alimentary portion is taken up and conveyed into the blood. On the inner surface of the intestines there is also another. set of years is, whose there is to segrete and pour into the bowels a peculiar fluid, designed to Jobrants them, to nodet in the easy passage of their contents, and to protect their delicate surfaces from alersion and injury. Bear in mind, also, that the motents of the howels are propelled or pushed along through them by a peculiar cermicular or peristaltic motion of the bowels themselves. Now, if these organs become, from any cause, irritated or inflamed, or rebased, debilitated, and weakened, some one or more of their finetions is imperfectly performed. The Arcteole may not absorb the antriment, and thus it passes on unappropriated; the secreting vessels may not furnish their Jabricating fluid, or may pour it out too copionaly; the peristaltic motion may be arrested, &c. If there is a departure from health in any of these respects, there is impaired digestion. There will be shronic constitution, with all its train of exile; or chronic diarrhess, with its still worse mischiefe; or pain, flatulence, colie, piles, Ac. This demangement of the bowels selden occurs alone. The storatch and the liver are usually more or loss involved in the mischief, either primarily or secondarily; and with the symptoms peculiar to demagement of the bowels are generally complete ted, to a greater or less degree, those resulting from disorder of other portions of the digestive apparatus,

The unhealthy condition of the bowels I have described, may result from any of a variety of causes. Among these I may connected Amoror, repressed or driven in from the surface (a much more conmon thing than is generally supposed); a common cold, determining upon them and becoming scated there; the repeated or long-continued use of indignatible, too stimulating, badly-cocked, or otherwise improper food; a too sedentary life, with protracted deprivation of notive exercise; long-continued and calcusting over-exerting; living much in a cold damp, impare, or poissons atmosphere; also, the relaxation of the abdominal muscles, and consequent falling of the lowels. Threesands are suffering with dyspepsin from this instrume, who do not imagine the source of their difficulty. Indeed, it is difficult to find a case of this complaint without falling of the bowels, to a greater or less extent. The symptoms poculiar to this form of the disease, are a distressing, weak, unking, all-gone fieling at the pix of the stormach, with seenstines a heavy, dragging sensation about the bowels themselves. When these symptoms are present, the sufferer should at once be made aware that there is falling of the bowels, and be induced to stopt means to support them. He can handly expect permanent relief without doing so.

INDOCUSTION FROM DISEASE ILSEWHERE THAN IN THE BIOESTIVE ORGANS.

The digestive organs are necessarily in close sympathetic relation with all parts of the system; and no portion of it can suffer or be disrated without influencing, more or less, the stomach, liver, boxels, &c. I will, however, notice only a few more commonly observed diseases, which, by sympathy or otherwise, induce indigestion and dyspepsia.

(1.) Indigestion indeed by disease of the hings. In consumption, asthma, broughitis, &c., there is frequently distressing indigestion, occurring, not as the cause, but the consequence, of pulmonary affection. Drupepsin does, indeed, often cause long disease. But it is not of this I no now speaking. Discuss commencing principly, and located principally, in the organs of respiration, will induce dys-popers. When the blood is not fully sented and vitalized, and the untrinon is imperfectly curried on,-when the blood flows sloggishly, and is charged with a smeral-midures of curbon, thus charging and impoiring all the functions of the body-particularly diminishing the denind for food,-ligation is apt to be partially or almost totally arperiod, and all the disagreeable symptoms of dyspepsia appear. In these circumstances, the most common symptoms are named, comiting of the food, flatalence, soldity of the storagels, pain in the storagels and bowels, contigution and distribute alternating, beadache, a costed tongue, dryness of the mouth and throat, capricious aspecies, pain between the shoulder-blades and in the left side, emociation, &c. These symptoms do not, of course, always occur in lung discuse, there being cases in which the digretion remains apparently unaffected. But they are quite common; and when they do occur, they aggravate and complicate the condition of the sufferer, calling for the assiduces attention and argent efforts of the physician to releve them.

- (2.) Indipention induced by disease of the heart.-Heart conplaint, whether functional or organic, is almost always accompanied by more or less indigestion, and not unfrequently it is caused by it. Sometimes, however, it is intelf the cause of indigentian. In cases where disease is thrown directly apon the heart, as when chesinating or homee is fransferred to it from other parts of the system, the domach frequently soon becomes affected. The interrupted simulation, occurioned by the deranged action of the heart, and the consequent dimination of the nervous power in the system, may be felt partieslarly by the stomack, and digestion become impaired. When it does occur under these circumstances, it is usually felt as a weakness of the stomach, and the symptoms follow which I have before described as incident to this condition. It always aggravates the disorder of the heart, and must have the careful attention both of the patient and physician. Great care must be exercised in regard to diet, and appropriate remedies coupleyed. In this way it may be pullated, but we can hardly hope to cure it, except by restoring the heart to a healthy state.
- (3.) Indigestion induced by sterine distant,-There is a quick and intimate sympathy between the uterus and steenach. Disorder of the former, of whatever form, is almost invariably followed by its turbance of the latter; and there are thousands of cases of abstinate indigestion, attended by all the most distressing symptoms of dyspapsin, which result, unsuspected perhaps by the patient or even by the physicism, from sterine disorder. In many of these cases it is not even known that any interior disease exists-it being completely masked, and exhibiting itself only by dyspepsis, polpitation of the heart, headache, rush of blood to the head, backacks, aeryoneous, &r. I have had many patients who had been long years under treatment for disspepsia, with searcely as allesiation of a single symptom, and who were surprised to learn that all their dyspeptic diffculties were referable to a derangement of the female conditution. In these cases, as soon as the uterine difficulty has been conquered, the dyspepsis has disappeared. Uterine algepepsis, as it may be not inproperly termed, is often attended by all the distressing symptems of the various farms I have described-semetimes in combination, and

sometimes alternating with each other. One possitarity, however, by which it is marked, is the corrisblesces of the symptoms and the patient's feelings. Her sufferings are hardly ever, thring any twodays, alike. In a week's time she will appear to range through the whole scale of dyspeptic misery, each charge being, however, is her estimation, from had to werse, and the impression always predeminating that she is by all adds the most miserable creature alive. I need hardly add, that the poor sufferer with this complaint cannot hope for fall and permanent relief until the real disease is removed; as it readily may be, in nearly all cases; when the dyspepsia will be found to be cared without further treatment.

(4.) Indipertion induced by spinor disease,-As the largest perportion of the nerves of the body are sent of from the spinal coltime, and as the nerves are the media through which is transmitted the power or force by which not only all muscular motion, but, as well, all the various functions of the system, and every part of it, are accomplished, it will be readily seen that any discuss of this spinal cord would be likely to be felt by the argan or part whose serves originate at or near the sent of such disease. But it often occurs that more or less imitation exists in the spine or at the roots of the nerves, without sufficient poin or someness being experienced in the back to make the putient aware of its existence; while, at the same time, the most serious disturbance is experienced in the organ or organs supplied by perves from the sent of the irritation. In this way the stomach often suffers, and most distressing dyspensia is induced, When thus originating, dyspepsia is of course always obstitute, and refines to yield to any treatment addressed to the stomach. The inritation of the spine must be salidated before a cure can be hoped for. In all cases where dyspensia resists every remedy applied to the digestire organs and penisteraly holds its way, unaffected by any and all modifications of diet, and particularly if there is an irritable condition of the system generally, we should be led to suspect that there is irritation of the spine; and if we make careful examination, we shall usually find conclusive indications of it, in tendences or seesness, under pressure, at some point along the spine. We should commence at the neck and press with some force along down each side of the spine to the small of the back, when we shall probably find a tender or sore spot. If we do, we may be quite sure that the dyspensia results from spinal irritation. Of course, remedies and treatment must new be addressed to the seat of the disease, such as will be adopted to remove the irritation. The back should be rubbed three or four times a day with a gestle counter-irritant, and the rubbing with the band continued from fifteen to thirty minutes each time. The whole person should be bathed daily in strong salt and water; suitable exercise should be taken every day; the diet should be carefully regulated; and then, by appropriate internal remedies, a cure will assually be soon effected.

- (5.) Indigentian from our stimulation, long continued, of the Annia, Districting dyspepsis is often coused by over-exciting, overworking, and over-stimulating the beain. Excessive and largeontimed grief care, majety, or study, will conso it. The unbitions man of rained fortune, the victim of disappointed affection, the meschant, the stock-broker, the lawyer, the elergyman, the student-the wife and mother, long and heavily pressed by her barden of care or bersarement-all who tax the mind unduly for a length of time without remotion or relaxation, are upt to have a species of mercus dyspepris. In these cases the storach appears to fall first, the appetite becomes weak and expericious, the stomach rejects food, and when it is forced upon it, does not digost it. The flesh and strength full, the face is pale and happard, the eye loses its lastre, the spirits sink, and the sufferer becomes glowny, morose, and peerish. From this condition there is but one road back to health. The invalid must us trace his steps. He must give his mind relaxation, dismiss his cellinary subjects of thought, engage in some new and plement series employment, seek new scenes and see new hors-if possible, leave home, travel, go shrood, and forget himself and his business. His diet must of come be regulated, and such medicinal remedies as his condition calls for, employed. By a peoper course and a proper treatment, this species of dyspepsia, though sometimes obstinute, may be cured.
- (6.) Indignation induced by acute alternate, freeze, etc.—Dyspepan is very fiable to follow severe attacks of neute disease, such as bill tors, typhus, and intermittent fevers, the yellow fever, any of the contagious disorders, choices, choices morbus, &c., &c. While the inflammatory stage of any of these complaints continues, digestion is usually nearly or quite suspended, and the whole system is repidly seduced and its vital powers depressed. If the patient survives and returns to health again, the strength comes back slowly, while the

appetite is generally exceedingly craving. There is now danger that he will eat too much, and thus by the formlation of chronic indigestion; and if he does not, some of these discusses permanently impair the digestive functions, and have their victim a dyspectic. Both the physician and the patient should be on their guard against this result. By careful regulation of the diet, by well-timed and judicious exercise, by bothing and the strictest observance of elements, ventilation of the patient's sportments, regular sleep, &c., &c., the whole system should be conducted back to its natural vigor, and indigestion avoided.

(7.) Indigestion from known or skin disease determining upon the dispertice organic.- It is not as generally known as it should be, that very many cases of obstinate and distressing dyspepsis are the result of humor. We have seen that Dr. Beaumont discovered ourptions, blotches, seales or seales, &c., even in the usually licalthy stormels of St. Martin. We after find in those subject to harmer or skin disease in some form, that when the external cruption disappears, they become suddenly dyspeptic. The homor has gone in upon the stomach or bowels, or perhaps the liver. We find that us seen as the humor again appears on the surface, they are relieved. Sometimes it becomes chronicly located on the internal organ, and then the patient has fastened upon him obstinate chronic dyspensia, which refuses to yield to any of the ordinary means employed for this discase. The symptoms which follow such a recession of skin disease do not differ from many other forms of dyspepsia. There is, have ever, usually a good deal of thirst and heat in the stoumen, throat, and mouth. The lips and gums are upt to be a deeper red than natural, with perhane conkerspots and some in the mouth, and slong down the exopliagas or gallet. When the honor settles on the borrels, it often causes chronic diarrhers or obstinute continuous, Before we can cure the form of discuss, we must parify the blood, renowie the system, and emilicate the poison which is the cause of the mischiel. We shall give relief by bringing the humor to the surface, but it may recode again. It should be entirely evaluated from the system, and the blood should be purified and restored to a healthy condition. Until this is done, we cannot hope permanently. to relieve the stomach or rescue the patient from the dyspeptic symptoms under which he suffers.

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SUPPLICAL TREATMENT OF INDUSTRIES.

From the view we have now taken of dyspepsin, it need hardly be said that there can be no single specific remedy which will be found effectual for its cure in all cases. It is a disease which springs from such a variety of causes, involves so many organs, is subject to as many depolications, and pre-mis such various symptoms, that "specifies" and " cure-ally" are simple impossibilities in its treatment. No two cases will be found to be alike in all respects; and every case must be treated, if treated successfully, with reference to its own peenfar character and symptoms. If the difficulty is in the stomach. we must address our measures to the storach; if the liver is at fault, and the stomach is only affected sympathetically, this organ must be restored to vigor and health; and so of the bowels, the percreas, the spine, and the nervous system, &c., &c. If a lumor is the source of the mischief, it must be removed. To designate and doscribe the various medicinal remedies—their preper mode of preparation and administration, demanded in all the varying states, conditions, and complications of this disease, would require a colour on Therapeutics. Even if I were to present the reader with such a refums, which it is not my purpose here to do, very much would still depend upon the skill and judgment of the physician and the good sense of the patient. The true source, character, and location of the disease must be accurately ascertained; and then, from the abusdant medicinal resources existing in the regetable and mineral kingdom (more especially the former), such agents must be selected and such combinations made as are most exactly adapted to meet the case and produce the effect desired. Scarcely my two cases will be met with which require or admit of the same treatment or remadies. Hence thousands are griesously disappointed that they are not cared by remedies which they are assured have been satisfy successful in relieving others. From what I have said, the reason is obvious.

STREET, TRAINING OF EXPERISHISTION.

There are some general hygienic rules which are applicable to nearly or quite all dyspeptics. The first, and periods the most important, relates to exercise. There is absolutely no substitute for exercise, and all classes of dyspepties will be benefited by it. From the very laws of our being this is demanded, and we cannot have health without it. Motion—activity—is an indispensable condition of growth, development, and health in the estimal organization. This is a aniversal law. If we risiste it, we most pay the penalty. It is true that a man may have dyspeptia in spite of daily active exercise. But he is save to have it if exercise is altogether neglected. Let the dyspeptic, therefore, set it down as true beyond a penaltreature, that he cannot have health so long as he sits in his bonse, his office, his study, or his shap, larlly broading and mourning over his wretched condition, or nearly sequincing in the "dispensations of Providence." Your mourning should take the shape of repeatewe for violating God's hars, written on every muscle and fibre of your hody; and you should at once wake up to the fact that the "dispensations of Providence," in your case, are only stripes due to disobelience.

What is the best kind of exercise, will depend in some measure and the circumstances and condition of the dyspeptic. As a general rule, in may be said that exercise engaged in for some object beyond merely "getting exercise" or to "regain bealth," is always best, Walking, riding, practising with "damb-hells," running, jumping, or practising any species of gymnostics, merely for the purpose of health, is therefore not as beneficial as some active, agreeable employment, that has an object of its own. Engage in smeething that shall take your mind off from yourself and fix it on an object to be accomplished, whether it he pleasure or profit.

The mind should be us free as possible from disagreeable care, from anxiety, depression, and gloom. Exhausting mental labor and fittigue should be avoided; seek obserful, pleasant society, and cultivate a cheerful temper.

Always manticate the food thoroughly.—For persons are sufficiently aware of the very great importance of therough mastication of the food. Thorough of cases of dyspepsis originate from simply botting the food half chewed. It is a most permitions habit; and no dyspeptic who has contracted it can hope to get well unless be abandons it. Take sufficient time to out and show every mouthful until it is completely broken down and divided before synilowing it. There are many suffering from dyspepsis who would recover their health by only observing this rule. Recollect that the first step is the process of digestion, is the dissolving of the food in the storach; that this is accomplished by the gastric juice, which acts only upon the surplices of those portions with which it is brought in contact. If the food, therefore, is scallowed in large unbeckes lamps to reason, it may lay for hours in the stomach undissolved. We all know how much sooner any thing we wish to dissolve in water, or in an acid, a acted on by being crushed or powdered. It is precisely so with the food in the stomach. If you are toothless, or have imperfect, decayed, or tender teeth, go to the dentist and have them supplied or repaired. The teeth are most important adjustants to the gastric operations. Again I repeat, do not fail to masticate perfectly pair fixed.

For this purpose, he out of doors as much as possible. Always have your house, and especially your slouping squartments, well ventilated. Never deep in a confined room or atmosphere. See to it that the large are well expanded, the chest full, and the heathing deep and explose. You cannot have health with narrow, contracted large. You must have breath enough. If necessary, went shoulder-braces, and use on initialing-tube. Do not imagine that these remedies are useful only in large disease. They are often of the greatest benefit in dyspopola.

Keep the abin to good condition.—Baths daily, using a hair-mitten, or flesh-break, or crash-towel, vigorously, to stimulate the cutaneous circulation, promote perspiration, and keep the surface free from impurities. Adapt your both to your condition. Baths in water as cold as agreeable, but never so cold as to came a chill, or leave you cold after the both. (See remarks elsewhere on bathing.)

In a word, the dyspeptic should aim, by obeying all the laws of his being, to secure and maintain, in all respects, the highest possible degree of general health and sigor.

DEED IN DYSPERSIA.

There is nearesty a subject connected with the treatment of disense about which there is more confusion, doubt, uncertainty, and conflict of opinion or experience, than that relating to the dist of dysopotics; and this is not surprising. As no two cases of dysopotic can be found that are in all respects slike, and almost all differ countially and widely, the experience of no dyspeptic can be a subguide for any other in the matter of dict. Here, most emphatically, "one man's most is often another man's poison." So, too, the dyspeptic can get but little aid from the experience of the healthy in solecting proper food for himself. He must, in the exercise of good common scarce and sound judgment, he guided by his own experience. Let him consult that experience, and cut what he finds to agree with him but.

It is true that there are a few general rules of diet that are applicable to all dyspepties, se well as to those in health; and we can mention some articles of food that are usually found to be easily digested, and others that are generally indigestible. I will advert to a few of those rules.

Meals about the taken at regular interests.—This is important, By the common experience of Christendon, it is pretty well settled that it is most conducive to health to take three meals a day;—the first between seven and nine in the morning, the second between twelve and two in the afternoon, and the third between five and seven in the evening. I am aware that a custom prevails among many of our business man, particularly in cities, to take only two meals a day;—one at eight to nine in the morning, and the other at four to six in the afternoon. They make this afternoon meal the principal one, and very generally a surfeit. This is unforbindly a pennicious habit—one which tankes thousands of dyspepties. But at whatever hour you take your meals, let them be taken at regular intervals, and not one day at one hour and the next at another.

Never creefood the crossock.—This is always but. There is no exception to the crie, whatever may be the character of the food cuten. However exacting the appetite, and whatever may be the temperation, the drapsptic should never permit bisself to cut use much. As to how much is everyth, be must of course be the judge. And he can judge correctly, if he will, by consulting his good sense and not his appetite. If he cheats himself and transgrosses this rule, the permity will come as sure as fate. He cannot escape it. Let him remember, too, that by a single improdunce of the kind, he may precipitate himself to the bottom of the hill up which he has been teding for weeks, or mounts purhaps, towards leadth.

Still, do not try to regain Analik by starting powerly,—It is just about as injurious to live on too for as on too high a diet. You must love sufficient nourishment. Select the food which you find

to agree with you best, and then eat enough, even though its digustion gives you pair.

Do not continue the use of any article of food that injures you.—
When you become sensible that what you ent does not agree with
you, or is positively injurious, observed it entirely and at once, however pulntable and however much gratification it affords you.
Thomsands cling to an injurious luxury, because it is a luxury. By
not be guilty of such folly. It is bad policy to take poison, even
though the poison is sweet.

Do not cut late or leavity suppers. - The last meal of the day should he enten not later than from five to seven o'clock in the afternoon; so that there may be sufficient time before going to bed for the food to become dissolved and pass from the stomach, as indigestion pass on very feebly, if at all, during sleep. The labit of imbalging largely in the tempting "delicacies" usually set out at evening partiessweetments, rish cakes, but broad, cold ments, ices, greams, strongcoffee and tea, wines, liquors, &c., &c .- is most perticions for any one, and atterly micidal for the dyspeptic. So, too, the supper should be a hight meal. Heavy, solid food should not be eaten in any considerable quantity. Enough food should be enten, however, so that the person shall not feel hongry or faint before bedtime. A moderate, comfortable meal of light, easily-digested food, taken at an easit hour is the evening, is the rule. If there are exceptions, they must be governed by good some applied to the particular circumstances of each ease.

In relation to particular articles of dict for the dyspeptic, as I have said, each availed must, to a great extent, be guided by his own experience. There are, however, some things which we may said; say are generally injurious; such, for instance, as hot bread, rich pastry, warm cakes, mincod-pies, cakes fried in fit, rich supp, melted butter in may form or state, strong coffee, highly seasoned feed of may kind, all licating condiments—annipe, or wilted, or partially disenyed fruit or garden vegetables, &c. Then some will find they cannot out any species of fat mean; others can out only fat mean.

Dr. Beaumont, from whom I have already quoted, gives to the result of his experiments with St. Martin, upon the comparative digestibility of different kinds of food. As these results may be interesing to the reader, I here present them.

TABLE,

Showing the Mean Time of Digestion of the different Articles of Diet, naturally, in the Stownesh, and artificially in viole, on a Bath.

The properties of parties for a time to attend, in artificial disordies, was presently extended at one season of the former to one devices of the latter, the both long kept at over as precipable at the material temperature of him Estimated, with Deposit aphaton.

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We result not, of course, understand that this table faminhes an osrapidde rule as to the time required to digost the emicus kinds of food mentioned. Dr. Bewmout has given us, no doubt, a truthful stratement of what he observed of the operations of St. Martin's stomack, and has made up this table from manorum experiments upon this man. But it must be bome in mind that it was the storrach of Alorie St. Mordo-not yours, nor mine-Dr. Beaument experimented with. We have these results from a single individual, and that individual in most complete health. Probably, had the continent been searched, amore perfect specimen of health could not have been found. He was a Canadian Frenchman; belonging to a race thus whom one more hardy, more simple in their bulitis, with more power of culturates, or a higher degree of vitality, does not probably exist; and St. Martin was one of the most hardy and healthy of his race. His wonderful recovery from an injury that would have killed invaridiately any common man, shows this to be true. The storach of such a man can hardly be a guide for all others. Then, again, there are so many circumstances that affect digestion, varying the purfection at different times in the same individual,-as, for snample, the general condition of the person at the time the food is taken, the interval that has chosed since the preceding meal, the keemess of the appetite, the quantity of food swallowed, the amount of exercise taken immediately before or ofter sating, the state of mind—whether excited or in repose, elevated or depressed, in a placid and agreesable or angry and unhappy most, &c.,—that we can by so means be certain that we should find the experience of any other person to agree with that of St. Martin. We may, perhaps, draw some general inferences in relation to the comparative digostibility of different classes of articles used for fixed; as, for instance, that vegetables are usually slower of digostion than means and for inscrease substances only or factly substances, than the non-olonginous; the meat of dimentic animals, thus that of will animals, &c. But beyond this, these experiments will not authorize us to go; and we are forced to come luck to what I have before said,—that each person should be guided by his own experience, using therewish his best reason and judgment.

ORSTRUCTION OF THE MALL-DUCTS BY GALL-STONES.

Before closing this chapter on indigestion, I ought to mention a possine disease to which the liver is subject, and which after interteres greatly with the function of digestion.

One of the next common complaints is gall-stones in the gallblabler, which presents the discharge of the bile from the liver into the howels, and these are often the cause of hubitual restiveness. Abroat avery disease of the liver inclines to produce dysperoin, indigentles, and activity of the stomach, as the bile is a great postnilist. of acility. Liver complaints are almost always accomponied by slow bowells, and persons who have any reason to suspect disorder of this organ, or disposition to it, should by all means make a stooly use of exthattic medicine, such as with on the stemeth and on the liver itself; but they should avoid calonel, and use only vegetable remedies. In the second volume of this work will be found a few mula for enthantic pills, such as I use in these cases ; they are exisnearly useful and valuable, and if used faithfully, will prevent all four of accumulation of bile or gull-stones and of bilionsness. When we have reason to suspect there are gall-stones in the gall-bladder, elstructing the gall-ducts, and of the most valuable of remedia is to take from a wineglassful to a gill, or even half a pint, of pure sweet oil every night, just before going to bed. The use of this, persevered in for a few weeks, will effections cleanse the liver and

gall-dust of gall-stones. I have in three weeks brought away several conces of these terrible obstructions. In some cases, from long-continued obstruction, the gall-dust becomes every greatly thickness and hardened, and finally grows up, and the passage becomes oblinerated. This symptom only occurs in elderly pursuan who have long experienced trouble with the liver.

Liver complaints are very use to make their appearance in all countries where fever and ague prevails, and where a great deal of

calouel and gaining are employed.

This complaint, if taken in season, or before the powers of life are exhausted, can be perfectly and permanently curvel. All cases should be treated as they occur, and remedies should be judiciously employed for the prevention of the disease.

CHAPTER XXIX.

SKIN DORASID PRION CANCER SCHOPULA GOTTRE BRITISHES GOTT-UTERNE DISEASES DISEASES OF THE OVARIES WHAT IS INFLANDATION.

SKIN DISEASES.

I wasn to say a few words upon skin or surface diseases, which make their appearance upon the external parties of the body or limbs, forebeal, head, nock, hips, &c.; and also on the torgue, and in the mouth and threat as far as visible. The varieties of these affections are very numerous; indeed, complete treaties, illustrating the whole subject of skin diseases, and clearly describing them, with plates, so as to make them perfectly intelligible to every professional reader, have engaged the attention of many writers, and numerous volumes have been produced of great claborateness and extent; but after all, I secreely know of a popular week in our language upon these complaints.

There are a few simple types of skin diseases; but these are continually running into and complicating each office. That these various surface diseases are produced by a poison, by irritation, or by mechanical agencies, cannot, I think, be denied or controvered. These poisons may originate immediately from what is come, and may be of longer or shorter continuance in the system; they may seem to be perfectly interwaven into the very conditation; but they are indochtedly poisons. In proof of this, we often first that where persons have died of malignant diseases, and the disector, or those commining the body, wound themselves with the nature ment employed in the operation, these wounds sometimes become of a meet poisonous and malignant character, and rapidly diffuse their virus over the whole system, often producing death; or if death is not produced, inducing derangements which continue during life.

Skin diseases occur, some in summer and some in winter, and

others in the changeable mouths of spring and fall. Some are characterized by great heat,-of this kind a crysipeles, muse by much stinging point, itching, and burning,-of this kind is the nettlemen, which repeatedly appears and disappears upon the varface, and from its stinging and itching, and its transient character, its mann compares it to the irritation produced by the application of the common nettle. Some appear in large real or whitish spots, and lumps; others come out in the shape of blisters and water-pinples, which ren more or less into each other; in some, the bases of the crustions appear very much inflamed; in others, the skin around the pimples looks cold and pale. Some terminate in scales, and others in scale; some go-off in a dry sourf, whilst others supported. One claim affects only the scarf-skin, or quidersols, and shows itself in brown spots upon the face, particularly of females; others affect the autido surface of the true skin, or cetis rent, between it and the searf-skin, and blister up, raising the searf-skin, and femning waterblisters,-this we see in saltaheum; others in conder and simples, us in totter, heryes, &c.; while others still supear to form in rings, as in the common marworn. Again, the disease commences below the skin, in the cellular substance above the muscle, and then we have small pimples which rise up through the true skin in points. and supporate; and again, they extend flows more into the cellular tissue, and we have true boils and carbancies. These discuses are hardly over fittal whilst they continue external; but when they are repelled and occupy the surface of the large internal organs, they become highly dangerous, indeed, they may be productive of almost all the varied diseases to which we are liable.

The carbonels is an exception as regards the non-dangerous character when externally developed, for many, very many die from the effect of carboneles: the enormous extent of space affected, and the large mass of flesh involved, will oftentimes produce a great deal of fever and disturbance in the system, in many subjects even mortification of the parts; and when these carboneles are seated parameterly about the neck or head, or my vital part, death other ensure, especially in old, debilitated, or soy vital part, death other ensure, especially in old, debilitated, or soy vital part,

Skin disease often breaks out in the mouth, and upon the tangue, in little enting ulcers, history, and red burning peoples, extending frequently to the throat; in this form it is very distressing indeed. One of the most distroying forms is found in the sore meanls of nursing fescales, often extending to the storage and boxels. This complaint I have found, as well as nearly all other skin disease, to be most emisently amounds to remedies, and perfectly carable when proper measures are employed.

MATCHES, SPOTS, PURPLES, STC., ON THE PACK.

In some instances, these skin discuss are exceedingly repulsive in their appearance, disgusting and butthrone. I will here mention a few of them affecting the face.

Pimples, histories, eruptions, and brown spots, very often affect the faces of young persons of both sexus; they are frequently excessively annoying, and render the face, to a greater or less extent, repulsive, depending, of course, upon the extent of the cruption. We have in the first place brown spots, yellow, dirty-looking stains as it were, which will or appropriate of the forebook and now, clocks, chin, lips, or nock. These brown spots are musclines almost yellow; at others they fade away to a light straw-color, but they usually have a decidedly yellowish tings. From some unexplained cases, females are more subject to them than more indeed, they seldom uppear on moss. I have never known them to occur except in cases where either the stomach, liver, or internal organs were or had been affected. It is an unpleasant complaint, but in a vast many cases it can be entirely rescoved.

The next form I shall mention is that in which simple pimples rise upon the forebend, chooks, chin, and about the sides of the nose; these rise up in many cases red and learl, and terminate by supparation; the pumples breaking at the top, and coming of, when geninally the little diminative boil will disappear. Sometimes they will supparate again and again; and as one or more goes off, others will come on, the skin around them retaining all the while its natural color. In other instances, we find the surfaces between these red pimples to be red, inflamed, and burning, the pimples injury out of this peddened inflamed surface, and finally, in some costs, covering the whole face, like a horrid mask. This form of skin decase occurs in both sexes, but, perhaps, oftener in females. The subjects of it become not infrequently exceedingly repaires to the beholder.

In other cases we see piuples break out upon the face, lifting up the skie a little, which are found to be hard and tuberculous. They do not inflame and discolor the skin, but they render the countenance very fleagreeable, from want of smoothness on the surface, taking away the elemness of the complexion. We find them at other times rising on the face and terminating in dirty black spots, like the menth or eyes of a worm. These will sometimes occupy very much of the face, and are very repulsive.

RECEIPTLES TWO THE PACK.

In other cases we find an exceeding reduces of the face, without pimples. The complexion is assesshipt clear, but of a deep and fivry red, and the patient experiences great burning of the face. With some individuals there is merely a rosy complexion, as if indicating genuine good health; but in others there is a deep searlet cametion which rests upon the face at all times, and is indicative of any thing but health or a healthy constitution. Such persons often bleed at the lange, or are subject to acute diseases; they have weak constitutions, and very incidente vigor and life.

There is a curious fact to be noticed with regard to exysipstanchronic erysipslus:—that while the patient who is a sufferer from almost any other form of chronic skin disease, sub-rhours, tetter, &c., will fact vastly better while the disease is on the external surface, and when it retires inward will be much worse—in arryipelas, whenever the disease is apparent on any external part, the patient will toughly be much worse than when it disappears. I have observed this in very many mass, and I believe the rule is probably universal. In this respect, I think that the external appearances of the homor producing seysopolas differs from all other chronic skin diseases, as when it makes its appearance externally, it always they as the patient into fever, readering him missrable, and producing suffering which is not experienced when it is not apparent at the surface.

In some instances the red spots or surfaces produced by crysipelis upon the face, although they will not form pumples, become hard and permanently unlicated.

This form of disease is eminently curable; not, however, by applications to the surface alone. It always requires constitutional

treatment, more or less, as it proceeds from a poison in the blood, which is generated by various causes. All these assoying emptions can be removed from the face with the use of proper remotios, although some are more obstinate than others. The between specs are the most difficult to remove; all the others require but a few weeks for their permanent cure.

I had a most interesting case some time since :- A benetiful young tidy called on tie, whose face was perfectly repulsive from the prevalence of large pimples, like small bolls scattered over the face, and droky dark spots between the bolls. She certainly appeared to very great disadvantage; in fact, her face was so the figured as to be a source of exceeding sorrow to her family and all of her friends and acquaintances. At the end of four weeks of treatment she called upon one of our first dispurrentypists, and had her portrait taken, which was next to the great exhibition in Paris, where it received the prize for beauty, as being one of the handsomest portraits in the whole exhibition; and it was sold to me English haly for \$40. In a letter which I received from this young hely some weeks after learning this gratifying result, she says:- "It is entirely owing to you; for if I had not experienced the benefit of your remedies, my portrict would never have made its appearance anywhere; and if it had, it would only have repelled the observer, from its disqueting appearance,"

SKIN BISEASE APPRITING THE LIPS.

It is very eften the case that persons are subject to skin discuss affecting the lips—sometimes only one, but more often both. This affected, the lips may become a source of constant initiation and trouble for many years, if not cured. Upon anacks of dyspectia by errors in diet, or taking cold, the lips will become immediately very much swellow and sure, and deep cracks will take pince in them; they are often dry and scaly, with stinging pain, a scalding failing, and great irritability, so that almost any slimulant will seem to aggravate the complaint very much. Great care is recessary in the diet, constant watchfulness over the state of the whole system, or the lips are in a constant state of irritation, swelling, &c. Scottmen this state of things goes on until actual cancer is developed, and a train of sufferings follow, difficult to describe. Not unfrequently

upon the termination of fevers the lips will brook out in very extensive sores; and this is always considered favorable. At other times an ordinary cold will go off with sore lips, and the emption then seems to be a critical tree, and highly beneficial to the potient.

These diseases of the lips are always very curable, but require, as I have said in respect to all the others, great care in the application of remedies not to rupel them, so that they will settle upon some

more vital organ in the interior of the body.

SKIN DISEASE IN THE SCALP.

The scalp is offentimes subject to a very unpleasant disease, called phitoddair, or plice Policies, from the fact of its being formerly so prevalent in Poland amongst the peasastry and soldiery. It is consionally seen in this country, principally upon the heads of children; a vellowish water exudes from the surface of the skin, which soon hardens, forming crusts and scales, attended with a great deal of itching and burning. This disease within attacks my other part of the head streeps that covered by the heir, and when it occurs in adults, is very apt to remove the hair. Sometimes skin disenses will travel from other parts of the body, and attack the scalp. About two years since, a young toly called on me who laid lost her hair entirely from this cases. She had been subject to skin discuss, tetter and saltafassan, on different parts of her person, particularly on her hands. Suddenly it recented to leave every other part and attack the scalp, travelling up the neck; and as soon as it reached the scale, the boir fell off as far as the discour ratended. It finally occupied the whole scalp, and all the hair was lost. Sometimes ordinary tother will appear on the scalp in pimples, at times supportsting. As a general rule, nearly every form of skin disease affecting the scalp will remove the lair, more or less, although these pingles will, when not extensive, but little affect the hair. Indeed, there can be no doubt that the loss of the hair by its falling off is almost always occasioned by a skin ellioner in the scalp, which is either manifest, or which merely affects the rosts of the hole without showing any external developments of disease.

All the forms of skin disease afferting the smip which have been brought under my notice and care, have rapidly yielded to treatment, in the course of a few months, and sometimes in a few weeks; when, the disease being permanently cured and healed, the hair, if it had follow off, has grown again as usual.

AKIN DIVERSED APPROPERSO THE HANDS.

Districting forms of skin disease will often appear on the lands. One of the most common is subtriction, totally locating itself upon the back of the hands. They are also subject to a disease called Nobes, from which the nais dry up and come off, and the whole surface, the back particularly, and even the palsos, seem dried and shrivelled up, more or lose; and the scanfokin comes off in entersive scales or flakes. Not unfrequently the skin upon the hands will creek in a most distressing manner; sensetimes this is confined to one or two of the fingers, and they will be affected with an acutaly pointful and burning heat.

In some of these diseases the hands will swell up and histor very much upon the backs, when the individuals thus affected are mable to put their hands in water, as the disease is terribly aggravated by it.

Most of the skin diseases that attack the face or scalp, appear not to be influenced in any degree by climate or change of scame; but these which affect the burds are usually much worse in the change able sensess of the year, is spring and fall; whilst during the best of sensess and settled cold of winter, they are much better, or disappear altogether.

These diseases are perfectly surable in a moderately short time. They always have a constitutional origin, and require constitutional as well as local treatment. They proceed from a poison in the blood, and the blood must be purified to order to reader the cumpermunent. Applications should mover be made to the parts at feetest, orders at the same time internal remedies are given to prevent the disease being repelled to the interior of the body.

SKIN DISEASES APPEARING THE LIES.

Skin diseases oftentimes affect the lower limbs, especially of elderly persons. Sometimes the limbs swell very much; at other times there is little as no swelling accompanying these affections. True extreherm often spoods itself over the calves of the legs, the lastic of the thighs, is the groins, and in the tend of the knees. Sometimes these parts are subject to emptions of a dry and testery character, accompanied by much heat, bumbag, and testing, ou pseudly after retiring to bed. Not unfrequently pimples appear, terminating is suppressing points, and itching intolerably, which, on being scratched, bleed enably and run into extensive series. I lately had a patient who presented an instance of this kind. He was a man over sixty years of ago, who had suffered with the complaint upon the thighs, legs, &c., a great number of years, and I had the pleasure of all but entirely earing the case in a short time, so thoroughly modifying and changing its character that he has never experienced much suffering since.

I would have repeat that the utmost continu should be used that these amptions be not repelled to the internal organs of the system, because they may produce at once the most formidable and dangerous discusses known to us. But with proper treatment, they are rapidly, perfectly, and permanently corable.

SAIN DISLAMES APPROPERS THE PART.

In some instances the feet are subject to severe skin diseases; not, however, of the ordinary character, there being but little development of disease upon the surface, but great general screnes and heat in the feet, especially upon retiring to bed; so that even in the depth of winter, in a cold room, the sufferer finds it necessary to put his fast out of hed and keep them wholly uncovered, so excessive is the burning which prevals in them. This having heat is very much of an erysipelatous character. It is perfectly and entirely carable.

FELONS.

Occasionally persons are to be found who are liable to be attacked by folions, deep-scated some in the palms of the hands, down show to the hone; also on the fingers and about the joints. Cases are common where their effects are truly deployable.

Something more than a year ago, a bely of my nequintence called on me, with one of her hards almost destroyed by a felon. She had been suffering for over six mouths; her fingers were terribly 110 CANCERS.

contracted, drawn inward against the polm of the hard, and nearly immorable; but, fortunately, they had not become well and rigid. I expressed my susprise that her surgeon had not counteracted the effect of these contractions, and immediately commenced treatment. I put her fingers in clustic splints, which provisced a constant but moderate pressure, forcing them into their original shape; by means of proper constitutional treatment, and local management and application, in the course of a few weeks the hand was restored to its natural shape, but it was some time before she had entire control of it. A few months more of neglect, and the hand would have been destroyed. Where we find crooked fingers, or the joints disturted, either from felous or rheumatism, it is the finit of either the patient or his physician, that the disposition has not been counteracted by the use of splints and liminents, so as to take away the tendency to contraction, and at the same time remove the disease.

CANCERS.

There is no disease affecting the human system that is more terrible, on the subject of more dread, and none more destructive of the those causer. It is a finease so universally known and so frequently acticed, as to scarcely require description. I will say, however, that there are two great classes of causers. One class is superficial, and quite external in its first development; to this class belong those which affect the lips, the face, the mac, &c., and assections appear on the back and on various parts of the body; they are more apt to affect men than women. The other class will attack deepsented parts and glandular bodies, as the breasts of females and also the sterus. Causer will constitute affect the tongue.

Now, I need not describe the discuss or its appearance and progress, as they are very well known. Cancers are characterized by inching, stinging, burning, rending poin, and are at first very insidious, scarcely noticed. Sensetimes they will linger about the face with merely a little scab, and on being picked off mother one will form,—a dry, scaly scab; and at last emoor will be fully developed. Upon the female broast the cancer is often at first merely an obscure, deep-scated bump, occasioned sensetimes by a blow or some other injury, and sometimes resulting from inflammation following uppression of milk, or a hard swelling left after a broken breast; and this may remain in a dormant condition years before my development of a concerous discuse takes place; but finally it may break out, and gradually involve the whole breast.

In the progress of cancers, the general system mently becomes involved, sooner or later, and all the great organs of the body are more or less affected.

CAUSES OF CANCER.

If any one fact is better established than another in pathology, in is that cancers proceed from poison in the blood, and that no true cancer ever existed, or his ever been known to exist, that was not apparently produced and mornished by poison in the blood. So theroughly is this understood, that in Paris, when a cancer is cut out, to I should say, when a tumor has been removed by the knift and does not return at some point, the part containing permanently well, it is set down that the disease was not of a cancerous character; because long-continued observation has perfectly settled the point in the minds of surgeons that, in cases of true cancer, though you may remove the tumor which is the focus or the mouth from which the poison exades, yet upon cirtling out this centre the disease will form mother centre in some other part, or in the same part;—it will have a rent somewhere.

CURABILITY OF CANCER.

I have observed a great many cancers—have treated many, and can bear positive witness to the fact that they are perfectly carable, and that even in very advanced stages,—depending, however, upon the vitality of the patient will not rise; but, as a general thing, cancers are thoroughly and wholly carable, by constitutional means and local applications. I have seen emeers weighing six pounds entirely destroyed by constitutional treatment above, so as to become quite dead, and exist beneath the skin simply as foreign bodies; suppuration around them subsequently taking place, when they have come out, and the surface healed. I have known a cancer to be kept entirely at bar, so as never to break out during forty years, by the daily use of proper medicines to control its progress. Cancers should never be est out. This always has and slways will prove a total failure. Or if, in some exceedingly rare cases, a timer of a conservous character has been removed by the larife, and not broken out ogain, it forms a striking exception to the great graseral rule. No matter whether the enters weight half an outer or six possels, still the same rule bolds—that is will return again, practical it he a true cancer. But when removed by local application and constitutional treatment—by general remoties coupled to thoroughly purify the blood—then it is no more up to return than any other discuss. The system becomes, in fact, permanently well, and may remain or during a long life, being entirely rid of the poleson which produced the entert.

In some cases this cancerous poison does not harde upon external parts, but attacks some internal organ,—the langs, the storach, boxels, wouth, doe, being liable to become its sent. In these cases, onless treated at a very early stage of the discuss, it usually seems to be layout the reach of remodies; will, in the early stages, it is usually carable, even when developed internally.

I would advise my person suffering from cancer, never to neglect it, but mover to have it cut out; and if nature out or removed by local applications, the applications should be of a gentle character, not producing much suffering, and taking time to perform their office. The hornide sufferings induced by the strong caustics employed by some physicians, often produce such a shock to the nervous system, that, though the cancer may be removed, yet the unfortunate sufferer will never recover his health, and the powers of the nervous system will be broken down forever.

In the second volume of this work will be found a list of recording for the removal of cancers, which, when properly used, will not ful of effecting their purpose.

SCHOOTILA, OR KINGS BYIL

This is constitute a surface disease, and constitute it has its seat on the internal organs. When appearing externally, it can ally occupies the glands of the neck, added appearing otherwise than in large lumps under the jaws, or on the sides of the neck. Sometimes it occurs in the glands under the arms, and in other parts of the lody and limbs. These lamps, after swelling store or less for a long time, neadly finally soften and supporte, and come out in considerable masses, resembling classes cards. The parts may then slowly heat, especially in young persons. But when the constitution is low, it is found that the peacess of heating will be correspendingly slow. It is very often the case that a lumner, different from the king's swil, will be complicated with it, making its cure much more protracted and obstinute than it otherwise would be.

The disposition to king's will shows itself in disease of the banes, distortion of the spine, white-seedings, and all that class of diseases. It is very apt to occur in children of scrofulous parents, or in those whose diet has been very low for a long time, who are greatly expended to the cold or wet, who sleep in bully ventilated rosses, suffer from field air, or reside in thickly settled parts of cities, where the ground is low and damp, &c., &c. All these are more or less subject to king's evil or scrofula; although, in some instances, we may find persons whose constitutions are so low that true king's evil will take place even though their circumstances may be very easy, and they may have all the enjoyments and luxuries of life, and all the advantages arising from pure country air, well-ventilated rossus, proper diet, &c.

TREATMENT OF KING'S EVIL.

In the treatment of king's evil, great care should be taken to renosate and build up the constitution, and on no account to prostrate the system in any stay. In this disease, iron is often given, and by most physicians it is considered to be of advantage. Pure air, and, above all, change of air, will do very much for the rollef of the patient; so will sensir, sendonling, &c., &c. No applications whatever should be made that can by any possibility drive the scrofalous lumps upon the internal parts of the hedy. There knows large serofalous hange upon the neck to be apparently entirely removed, bet the mitter has been carried and deposited at the base of the lungs, so as finally to fill them up, and make them perfectly solid as for as the mass is deposited. I have witnessed most distressing instances of disease resulting from applications made to scrobious swellings, without at the same time guarding the constitution, building up the system, renovating the strength, and enriching the blood, Ioline, and a variety of lotious, applied to these swellings, without

at the same time any constitutional treatment, will indeed often came the swelling to disappear; has then the patient will notally be taken with a cough, ending in consumption—takerculous deposits in the lungs; or it may attack the stomach or bowels, and obstinute dyspersia or chronic distribute may result.

King's evil, like all surface diseases, proceeds from constitutional carses, and must be tremed by constitutional remedies. Local treatment alone will not do, as the disease would then be repelled upon the large organs in the interior of the body, producing sickness, and often death, and giving rise to diseases a thousand times were than the external developments themselves of this disease.

GOTTEK, OR SWELLED NEEK.

This is a disease consisting of a chronic swelling or enlargement of a gland in the neck, called the Myroid years? In a often found to exist in different parts of our country; but the supposition is, that it occurs most frequently in mountainous districts, and that it arises from more pseudarity in the water drank. It prevails greatly in some parts of Switzenland, and in other mountainous districts through Europe; in fact, in all mountainous districts, as far as they have been noticed, goitre or availed nock is found. I have, however, observed it in districts far removed from mountains, in avangy localities, and where the patients could not be suspected of having drank mountain water. Still, the causes developing goitre may exist most, so do doubt do, in high situations and mountain tracts. The discuss itself is of a sworthless character. I have seen it many times in present who were particularly liable to king's cell, or whose family were so.

Gotre is an obstinate disease, and in its progress is productive of great inconvenience. In some cases, by swelling internally very much, is will produce choking or partial enfocation, and obstruct the structures of the blacel. It causes, in some cases, idiacy and cretisiem; in others, it causes such irritation of the windpipe and such obstructions about the threat, as to produce death. In many instances the enlarged gland becomes energous, weighing many possible while in other cases the swelling acreer attains a very great size.

CURABILITY OF GOTTER.

I believe that in all the earlier stages this disease is perfectly carable, by constitutional remedies and change of air,—seeking a situation where different water may be presented, and then using constitutional remedies to remove the disease. I have seen it cared in a great many instances; and I feel confident that proper remedies will prove successful, when timely, judiciously, and proceedingly med.

In the second volume of this work will be found remarks upon the remedies proper to be used for the ours of goitre. I would observe, that those I employ are always strictly constitutional, stell are most usually successful. Where the goitre is large, the medicines have to be used for several years patiently, so as to prevent its growth, and finally reduce its size until it disappears.

RHEUMATIAM.

Few discuss prevail more generally, or are of more frequent occurrence, then rhemantism—attacking persons of all ages and of both sexes. It is more upt to accur, however, in the modific periods of life, and in old people, then in the young; but it may attack in at all periods of our existence.

Rheareston is developed in the forms—the nexts and the classic. The aemic form attacks usually with great violence, and in a very few hours the patient will be amble to more the part affected,—which may be but one joint, or it may be the whole body. Bleas-matism attacks the joints, muscles, and tendons—both superficial and despocated—the lands, the fingers, knees, ankles, hips, spine, the conds of the took, the shoulders, shoulder-blades, arms, elbows, &c. It is found to prevail most in the chargeable scasons of the year and in very cold weather. It occurs most frequently in damp situations, and during the prevalence, in this climate, of casterly winds, which come on cold and dump. In the perfectly settled weather of summer and winter, it is not so prevalent or so overs. Persons once attacked with rheumatism, are very liable to a recurrence of the attacks. In the progress of the discase, if not cured, the joints become greatly inflamed, and stiff and rigid; and finally, chalky formations taking

place, the joints become obliterated. The joints of the fingers, at times, swell very much and become greatly deformed—the fingers being cracked, distorted, and drawn downwards to the palm of the land, or threat outward, and all power may be lost in the wrist. In a case of acute rheumatism in the elbest-joint, an endownt physician of Boston, of my acquaintance, advised the patient not to use the joint way, but keep it in a sling; and in six works it had entirely grown up, so that no movement was possible; and although this pocurred some twenty yours ago, the gentleman has never recovered its use:

In acute attacks on the joints, as soon as the first acute suffering is removed, the joint should be moved shely, so that it may not destroy the joint and produce anchylosis. Sometimes the tendors will contract terribly in rhemmation, and the legs to drawn up to the thighs. I need not enter into all the details of these terrible cases; they are of very common occurrence, and productive of the greatest suffering and inconvenience known to us. I have seen persons sho have been heal-ridden during much of a long life from the effects of rheumations.

ITS CADISES,

Rhesmatism is predisced by poison in the blood, and this poison is generated as it is in a cold-by checked perspiration. Million of small pone or pipes load outwards through the skin of the lemm body, and are constantly conveying out the waste and woment matter of the system, which, if retained, is a rank poison, and a poison which is one of the most dangerous that is known to us. This is shown by the disease produced when more, momen, and children are confined on ship-heard, or in budly ventilated rooms, or in crowled apartments, where certificion is not possible and eleminos is seglected. New, from any came, let this penginnion be checked.by the application of cold, or by a draft of sir striking on, for exsurple, the knee or the ellow-and the pores, filled with this power, will immediately be closed, and the poison itself will be thosen upon the joints, or upon the membrane covering the bones, or upon the tendons, and in a few hours influmnation may take place in the part. and the master be developed ;-this is after the mast of thesmatiwa.

In persons whose blood is very impure, much smaller and slighter

causes will develop elemination, than in those who have naturally a pure blood; yet it seems that it may be developed in almost any person from exposure to cold and checked perspiration.

Among the cames which profispose to rhearnation, and make it possible, may, almost certain, is filling the system with mineral medicines. In many cases great quantities of measury are exhibited by physicians for various diseases; and very often these mercurial preparations remain in the system for a whole life, insimuting themselves into the cellular structure of the bones, about the joints, and on the manches, and may even be deposited in the fatty parts, and remain in a metallic state for twenty years and more without being changed. I have seen bones sown apart, which showed a deposit of mercury in large quantities. I cause saw a case of this kind in Florence, Italy, at the great materials measure there. It is to be seen almost everywhere where puthological specimens are preserved.

CURABILITY OF EMPLOYMENT,

As regards the emblity of elements, I must utheritatingly say, from a long superience, that when proper remodies are applied at the proper time, and continued with perseverance, there is hardly a discuse that is more certainly curable, and that the system man be so eleared of the poison and all predisposition to the discuss, that the potient may escape from all liability to attacks, and not be subject to them. The terrible consequences resulting from rheumation in the islate, may be aften removed and obliterated. I have treated a vast many cases of rheumatism, and I have not found a rose that has not been perfeatly curable, even after twenty years' continuance. Howweer, when the joints become exceptetely distorted by deposits of shalk and lives, which frequently takes place, it then becomes very diffcall to remove them. Still, in young persons, they eve be removed and the swelling reduced, until the fragers and joints are reduced to their natural size, with their natural mobility. So, contracted tondons in young persons out he restored to their healthy state; his in very aged persons it becomes more difficult, and sometimes the cure becomes necessarily = pestracted that the agod invalid will prefer the rheumation to perseverance in the medicines and remedies

I would conjure my persons inclined to be subject to rhemustion,

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not for one moment to despoir of relief, for they can be made perfectly well if the proper remedies are employed.

GOUT.

This disease is usually set down as belonging to the sumo fundy with rhermatism. It is no doubt thus classed correctly. It used to he a very prevalent discuso, and it is still so in England, Scotland, and Ireland. It has however, mostly favored the gentry with its attacks-if being quite as aristocratic complaint; many even imagining that no laborers or persons of low origin could have the gost. It is a disease which results from luxurious limits, from gluttoor, and from the free use of wines and liquous, and usually occurs in pensons of vigorous constitutions, great powers of coduction, and great personal strength. The prevalence of his boisterous habits, los personal indulgence, less gluttony, and less drunkenness, has reduced the frequency of the disease, and it is now compositively rare. Fifty years ago it was known in this country quite extensively among the gentre, and at this day a few impering remnants of their describauts exhibit traces of it. It differs from rheumstism by attacking the smaller joints, while rheumation generally attacks the large case. Gost more usually supears on the joint of the great too than elewhere: this is its location, and here it is expected to be found. The suffering will go on from day to day until it seems almost insupportable, and then it will gradually recede and retire, running a counc. of from three to twelve days. The remedy has been "flaured and patience;" if otherwise medified with, it has been very upt to retire promptly to the heart or storaich; and wor to the wretch thus atmoked !

Goat a undoubtedly produced by humor in the blood, and it is as cumble and as easily prevented as rheuncition, and its attacks our be as promptly cut short. As, however, it rarely occurs among as, I need not dwell upon it. In my remarks upon the use of enthante medicanes, in another place in this volume, I refer to their value in gent. I will add that it requires constitutional remedies, as in the matism, and of course the abundonment of the habits which have produced it. Yet those habits which have been long enslowing, must be hid aside gradually and with great care; because, if dense at error, the system may become prostrated, and other chronic diseases be in-

duced. With proper care and management, however, there is no difficulty in the cure of gout, or in permanently relieving the system of its haleful effects.

UTERISE DISEASES.

Under the head of Literies Cosmospiess. I have already noticed at considerable length the discusses to which the female constitution is subject, and the influence which the merus, by its nervous and structural connections, exects, upon the lungs particularly, both directly and through the general system. It is proper that I should here group together the symptoms attending these disorders, and indicate the means for their relief.

The complaints referred to may be either functional,—as for instance suppression of the entantemia (assessor/kow), painful or obstructed entantemia (dynasosor/kow), irracorrham, &c.; or organic, us in enlargement, alcoration, displacement of the uterus, &c. These are the more sources forms of discuse. There are others sometimes, though not so frequently mot with, such as exact, polypo, and other tumors.

The fractional derangements named, are, as I have said, the most common. There are few females who do not experience them more of less at some time during life. Irregularity, obstruction, and suppression of the periodic function may be induced by my of a variety of causes. A simple cold, wetting the first, sitting is a draft of six, being out in the min, getting chilled in my way, violent emotions of my kind, such as anger, grief, fright, disappointment, &c .. - any of these causes will at certain periods interrupt the process of mature; Prostrating sickness is sare to do so, if long continued. No class of females are exempt from it; even the most rebust and generally healthy do not escape. In some cases the derangement is only temperary, and passes off in a few hours or days, the system at once returning to its much regularity and health; in others it is protracted, and results in serious mischief; in others, still, it seems to become chronic, causing at each recurrence of the natural period the most distressing sickness and suffering. Even a temporary irregularity throws the system into confusion, estating languar, laugtude, headashe, pain in the back and hips, names, chills, forer, loss of appetite, paller of the face, or determination of the blood to the

boad, with bleating and redness of the face, &c.; and if long contimed, it usually lays the foundation for serious and often final discase. As a general rule, no female can have good health while suffering from any irregularity of this function, and no one should have the elightest hesitation, from Jolicary or any other motive, to seek immediate relief when contains of its occurrence. There are many females who suffer terribly all their lives from paintful periods; and I know of no class of invalids that more deserve our sympathy and our best efforts for their relief. There can handly be a greater affection. The sufferings endured by many are berould description. not being exceeded by those attending particulation in intensity, and being protracted often through one or two weeks; when the sufferenrise from their hells masted and prestrated as from a run of fever. And this terrible ordeal is incled forward to as their inevitable for at the return of every monthly period. It is only an act of mercy to meetre this class of sufferers that they may be relieved. It is not necessary that this most poinful state of things should continue, I speak from the results of my own practice fluxing bud the opportunity of treating hundreds of such cases with ratice raceout when I say to them, you may be restored to complete health,

Leucorrhom, or female weakness, is generally present to a greater or less extent where there is any inflammation or irritation of the atterns; and it not unfrequently occurs when the irritation is confused to the vagins. It often accompanies produpous ateri. When this is the case it may frequently be cored by supporting the parts in their places. I have in many instances known simply wearing an abdominal supporter to surest it entirely. Usually, however, other remodies are required. This is a most prostuting and exhausing disorder, and should not be permitted to continue methodsed. It is corable—entirely so.

But I ought to any here that this complaint is not unfrequently made the occasion of very great above in treatment. Some physcians, portionarly those who make the treatment of female disease a specialty, are in the habit of reusing the fears of their parients afflicted with leacorders, with the idea that it proceeds from some argumic disease of the atoms, when such is not the fact; and others anima them to calonit to the application of remodies unnecessarily harsh and violent. Upon many unfortunate victims of this empirician, learning emotics have been employed, which have only served to create discase where many before existed, without in the least aborting the disorder under which the patient was conscious of suffering. Females should be warned against submitting to cauterization unless upon the eleanest indications, apparent to the eye of a skilful and experienced physician, that positive alcoration exists.

The interns is subject also to software for, both scale and observic, a condition which usually precedes obseration; and if a could in all cases be preceptly not with proper treatment, observices might usually be prevented. Attacks of case inflammation come on usually with chills and rigors, followed by more or less feverishness throughout the system, by flather of heat, particularly in the face, and by a dail, heavy pain in the loins and lower part of the abdomen. In seems cases the less and pain in the parts is extremely severe, and the womb becomes greatly evollen. This state may contains for a few days only, or as many weeks; usually it subsides in a short time into the chronic form (unless terminated by cars or death), when it may continue for your, and generally secure or later mixes in alcorotion.

There is also a form of chronic inflammation which is not the result of a subsidence of an acute attack, coming on slowly and obsourcely, but little noticed by the panient, and addens brought to the notice of the physician until observation has commenced. When this takes place, there are, however, indications of the disease in the penoral health. This is found to be in a low condition; or there is some sympathetic decargement, such as dyspepsia, nervousness, pulpitation of the heart, healtache, dysmenorubus, letteorrhom, or some form of decarged fractions, which are obstinate and unyielding, together with pain in the back, bearing down, &c., &c.

The most unfortunate feature of this four electric inflammation is, that it crosps upon the patient unawares—so stealthily and holdsously, and so masking its real character, that in every case, almost without exception, the patient does not suspect, or at least does not disclose, what her disease is until alcoration has set in. This is most unfortunate, as there are few instances that would not girld to proper treatment, if salamitted to such treatment before there is affectation.

Uteration of the cereix eteri, or neck of the exerus, is not, however, an uncommon complaint: thousands are suffering from it who do not know the fact. It is soldow that it causes may pain in the aterus

or parts immeliately adjacent; at least not until its destructive progress has been going on for considerable time. It, however, gives rise to a multiplicity of annoying and distressing symptoms, which the patient usually refers to other parts of the system and other diseases. It is seldon the case that alcoration of the corole atest prostrates the sufferer upon her hed entirely, or makes her so sick that she cannot, at least a portion of the time, engage in her ordinary passents. Sell there is always fieldeness and ill-health-the patient is continually "see Accolid" Some days she will be able to be about the homeperhaps to go out; the next she may be confued to her room or her bed; At our time she may have a good degree of strength, freedom from pain and distressing symptoms, feeling encouraged by the kope that she is going to get well; and then again sho is prostruted,-ler strength is gone, she is filled with pain, all her buil symptomy are gravated-bardache, dyspensia, paintation of the heart, distress in the luck, sides, hips, chest, &c., all worse. She can neither walk nor stand. She throws herself upon her hed, and despairs of over again knowing what health is. In this way the weeks, the months, the years, drug slowly on, all burdened with a heavy weight of suffring. This is a protracted, weary, Esheartering, painful disease, but not often soon final. It may become so, as it does in some ourse, after long years of suffering. But mustly the life of the patient is at last termirated by the accession of some other disorder for which the system has been prepared by the incidious undermining of the constitution, affected by the one are are comidering,

Thus, observation of the correir setes constitutes a very painful, obstinate, and destructive disease. One of the possiliarities of the disease is, that the symptoms to which it gives rise are experienced much more in other parts of the system than at the real sext of the disease. These symptoms are, pulpitation or flattering of the heat, rush of blood to the lead, pain and weakness in the back and hips, loss of superior, dyspepsia, nauses, obstinate contremes, for quint, loss of energy, great nervousess, pain in the chest, sides, and shadders, sometimes shortness of breath, cough, and irritation of the throat, decomponent of the minory organs, &c., &c. Some or all of these symptoms may be present, while no pain or other infination of disease is experienced in the sterms itself. Usually, have ever, with these there is a sense of bearing down, more or less pain

and last about the pelvie region, with mability to stand or walk

It not unfrequently occurs that the potiont, and even her physician, may not be aware that any disease of the storus exists, attributing the symptoms that occur to disorder imaginal to exist obswhere; and treatment may be employed for a long time intended to remove such supposed disorders, without, of course, any avail. In all such cases it is of the greatest importance that the true seat of the disease should be ascertained, and such remoties and treatment employed as shall subtine and local the observation of the uterus from which the various symptoms described proceed.

DANGER OF RESTAURNS OFFICE DESCRIPTION FOR DESCRIPT OF THE UTERES.

While stering disease does very frequently, as I have stated, occasion symptoms which may lead the potiont and the inexperienced penetitioner erromeously to conclude that there is disorder of the stomach, liver, heart, langs, spine, nerves, or some other organ remete from the time sent of disease, still close observation and care are necessary that the mistake be not made of referring actual disturbance clearabers to the merus, when no disorder of the morus, In fact, exists; and this is growing to be a common mistake. Within a few years, a class of physicians has spring up who attribute about all the ills that female flesh is beir to, to inflammation or ulcoration of the uterus. Present these gentlemen with a clear case of dyspepsia, or liver complaint, or heart disease, or consumption, or broadchitis, or cerebral or spiral disorder, and if the invalid is a female, the speculion regular is furthwith in requisition; and in the field of view therein presented, the true source of the unlappy eruptous, whatever they may be, is sure to be discovered. This instrumentthough a very marid one in intelligent, skilled hands-when it is made, as it often is by these holloy-riders, a seet of universal dingmostic nelescope, may become a medium of grace abuse, and its use other the profuse to mistaken, enact, and mischievens treatment,

I cannot forbear copying here a paragraph from Da. Rimar's Associous Medical Genetic, of February, 1857. The editor's remarks are overe but just:

"MORAL TESANITY-SPECTURE VASIES, MANIA.

" In our last number we inserted an article by Dr. Goods, of Richmond, Va., on the use and obser of the speculum, by certain memdictors, who alout the sentiment of one of our obstetrical teachers, than the searchold of a physician is incomplete without a specificauteri in his pocket." In corroboration of the justice and necessity of reliefting this fieldy, we have unmerous cases reported to us of prafeedoral degradation from the improper use of this instrument, by would be specialists in this department, whose ignorance led to false diagnosis and forturously worthless treatment, even after looking through the specifien. One of them writes as, that at a late meet ing of the medical society of the "literary emporism," Dr. Chamier in the chair, a prominent member reported the case of a lady whe had been trented for printers bishast in Regions!, New York, Philsublishin, Dorchester, and Buston, and in all by the most eminent physicians, Dr. Chemning among the rost; and the reporter binnell confessed that he nise had thus treated her. This lady recently prop! missible distre! when the antopsy revealed that alie had no stories disease at all, but her mainly had all the while been in the duoleum, a perforation having been found just below the stormed! It is bumilisting to chronicle the diagrareful facts thus publicly, but all these eminent doctors doubtless subjected this laily to the symm-EFF; good through it spen as ofcerated as and coreix; probably contribed her in the most approved fashion; hapaled her upon Supson's sound or stem-procesy; and maybox employed the actual custory, after locches and scarifications had failed; when lot and beheld! a post-mortem reveals nothing but the scontrices left by the wounds of her medical executioners, and the proof that with the specians these doctors

"Had option about, I were, To one what was not to be seen,"

Let it not be forgotten, then, that there our such discuss as dyspepsia, discolor of the liver, howels, heart, spine, serves, luggs, threat, &c.—discuss that have their scats in these organs, and that females may have them independently of any uterine affection. Neither is it necessary to make a mistake with suference to the affection. When it exists, there are certain psendar indications that never full to disclose its existence to the experienced physician.

CATHER OF STREET'S DISCLASS.

The great source of the ateriae diseases I have described, whether inflammation, alcoration, prolapsus, or otherwise, is humor in the blood which determines upon the parts. The immediate occasion of these diseases frequently is violence ar injury from child-hearing, miscarriages, &c. But much violence and laceration of the parts are often sustained in this way which are not followed by any parnament injury, the wounds inflicted becoming entirely localed. This takes place where the constitution is good and the blood pure. But if there is hanne or poison, such as salvehour, explicitly, actor, acts, &c., then those injuries are very liable to become the occasion of the determination of the latter upon the aterus or the parts adjustent, and the foundation is thus laid for protracted ateriac discuss.

In many cases these humors make their presence &dt externally on the parts, causing incress itching and burning, which may be whelly external, or it may be experienced both externally and internally. This peculiar feature of the complaint often becomes a source of most intolerable annoyance, discomfort, and suffering.

The relaxation of the abdominal belts, with consequent displacement of the bowels, iteras, &c., is not infrequently the cause of aterine disease. This may result from general debility, and standing too much, from carrying too much weight of dress upon the hipe and pelvis, from over-exection, particularly in lifting leavy weights, &c., from lacing the most too nightly, &c., &c. Uterine inflammation and alceration may result from off-repented suppression of the periodic function by colds, chills, setting the fost, &c. There are other emost; but I have referred to the most common.

CUMABILITY OF UTERINE PERSONS.

In the early stage of aterino disease, a rure may be very readily and specifily effected by the use of proper remodies. When it has become chronic and seated, and where there is electation, a larger time is required to effect a cure; but in no case should the patient or physician despuir of restored health. Judging from the results I have witnessed in my own practice, all forms of sterine dis-

case may be exceed in from one to four or five murabs. To effect this downlike result, however, if most be regarded and treated as a constitutional as well as a local discolor, and our remeilles must be both general and local. We must call to our assistance the aid of mechanical supports when needed, and employ medicines to parify and much the blood, to support the strength, to subdue and remove all accommonying disorders; and then, if required, local applications to heal the alcorations or abrasions of the parts. In some instances it may be precisely to me estation. But these instances are not as numerous as the practice of some physicisms who make a specialty of this disease would lead us to suppose. I am aware that the near practice, where aforenties is enspected about the uterus, is to examise the pure, and apply active contery, in the slage of lanes coastic, emotic potada, quickdime, and also concentrated acida, nitric arid, preparation of arsenic, &c ;-in thet, the most interse and highly concentrated causties known to us, and even iron heated to white heat. That there are some cases where the neck of the ward is actually alcerated, and where these estatics do contribute to the care of the disease, I do not gainery; yet I am positive that not one case in fifty so treated really requires such treatment, but might he cared with eastly less of surfering to the lady, and in one-tenth part of the time now usually employed. It is frequently the case that ladies come to this city and other places, and remain under treatment one or two years, when by judicious and proper management, they may be enred in that number of months.

DISEASE OF THE OVARIES.

These organs, in common with others, are liable to discuse, which is usually shown in inflammation, enlargement, softening, industries, discused growths, avarian dropey, &c. Acute inflammation is generally attended with much pain and softening, sometimes very arrate. It frequently results from or is complicated with inflammation of the nterms or its appendages. The pain is deep-seated, senere, and attended by a sense of huming in the police region: while the patient is at rest and cratimes quiet, she does not suffer very acutely; but if she attempts to rise or move about, the pain is often very excessive. There is often a slight availing or paffmess on one or both

sides of the lower part of the abdomen which is sore to the touch, pressure upon it being extremely painful; there is more or less pain, a quick pulse, but, dry skin, and often names and vomiting. This inflammation may result from prosperal fiver, inflammation of the uterns or its appendages, extending to the couries, from colds, or from homor determining upon these organic; the latter is the most fireposit cases.

Chronic Inflormation of the Oraries tidlors as a sequence of the acute form, and may continue for years, terminating at length in softening, gangrens, tunefaction, or dropsy,—the latter, perhaps, the most frequently. It is supposed that senied chronic inflammation, and especially courtan dropsy, is incurable. And yet I have treated cases where the discuse has yielded to treatment, and life has been greatly prolonged. Before dropsy has set in, the discuse may usually be compared. Acute inflammation readily yields to correct treatment, and the patient may in nearly or quite all cases be restored to sound health. No case should be entirely given up; but a full and fairfuld course of treatment resorted to. Let us add, that I have met with very few instances of disorder of the Sanale constitution, in any of its forms, that were not camble. The sufferer should not despair.

600 EXPLANMIATION

WHAT IS INTLAMBLITION?

Information is a term applied to denote a series of phenomenawhich present themselves in a great variety of disease. It is gentrally marked by fire symptoms, or demonstrations, as follows: pain, fiver, heat, redness, and exciling. We find these in almost every instance where information is visible. For instance, in the common boil we observe all—pain, freez, heat, redness, and swelling; also in a felon on the finger or head; in atmeks of gout in the feet, in acmothemation, in pleurisy, dec., they occur. In organs that are confined by buny walls, such as the brain or the large, these phenomena catnot be observed, but they recovarily exist. Wherever as logary is inflicted, or an offending substance is present in any part, nature sends to the part a greater quantity of blood than is natural to it in a state of health, for the purpose of expelling the enemy or repairing the mischief. This, of course, produces pain, swelling, heat, and reduces of the part, and these constitute inflammation. We thus see that inflammation is only an effort of nature to resist or repair injury. But if this action is very violent and long-continued, it may itself decays the part where the struggle takes place. Thus, in some subjects, mortification causes upon violent and protracted inflammation; that is, the inflamed part dies from an over-excitement which exhausts all mavital forces. This is sometimes witnessed in old, debilitated, and dissipated subjects.

From these remarks, the reasons for the peculiar symptoms astending inflammation are obvious. The presence of an annual supply of blood will of course occasion increased reduces, will pull up or swell the engaged part, and will cause a greater evolution of heat, which is produced by a union of the carbon and exygen in the blood. Where there is the most first there will be the greatest first. In inflammation, the blood-vessels become enlarged and distended with blood as one may see in inflammation of the eye, when the reins and arteries in the comen, which in their natural state are quite invisible, may be plainly traced travening the eye like red threads.

The pain is unforbtedly produced by the distension of the blood-resols, and by the pressure of these targed vassels mon the nerces of the inflamed part. The object of inflammation, as I have before intimuted, is always to relieve the affected port or partswhether it he a finger, the eye, the lungs, the stemuch, or the bowels-from the effects of some insury, or to distolge some of fending substance or matter. It may be a bruise, a cut, a broken or dislocated bone, a stick run into the flesh, or some irritant, of it may be a poison or humor in the blood. This relief is second plished in some cases by supportation or the formation of pro, or secretion of water, often both, by which the offending substance are, as it were, flusted away. In others, where there ica wound, for instance, the increased blood supplies the accessory material with which to set up the healing process. Thus for the purpose of holding wounded or discused parts, more or less inflammation is actually necessary -- for without some inflammation no healing will take place. This is true of all injuries, abrasims, sores, se breaking of the tissues, internal as well as external, as well of ideers in the lungs in cuts on the hand. And let me then say, the skill of the successful

physician is shown in controlling this inflammation, keeping it so far subdeed that it will not itself injure the part, at the same time permitting it to remain sufficiently active to keep up the heating process until a cure is accomplished. It is this which gives such a priceless value to true medical skill, and places the physician of experience so far beyond the inexperienced receipts and the merely book learned or lecture-crammed novice, whether student or professor.

INFLAMMATION NOT A TOSEASE,

If the foregoing views are correct, it is very clear that, so far from inflammation being itself a discuss, it is an effort of nature to cure disease. There is in every instance where it occurs, an enemy with which it is contending. The common notion is the reverse of this. Most persons are not to suppose they have described a discase when they have give a mane to the peculiar influentation which attends it. Even physicians fall into this orror. Thus we hear of broschitis, or inflammation of the membrane lining the brought; pnerroscosie, or inflammation of the lungs; peritonitie, or inflammation of the membrane enveloping the bowels; pleavily, or inflammation of the pleura; suterible, or inflammation of the lining membrane of the bowels, &c., &c. These terms are derived from the names of the various parts in which inflammation makes its appearance, and of course do not in the slightest degree indicate the nature or charactor of the real disease. They simply point to the part in which there are presented the phenomena of information. They do not describe the nature or came of the systematics process going on, to arrost which nature was up the influentation. To speak of the disease, therefore, as an implementation, is morely to say that an enemy less invaded the part in Which it appears, and which nature is striving to distudge. As to what that enemy is, its towner, the pecanion and mode of its attack, the peculiar unschief which, if left to itself, it would accomplish, or the manner in which it may be removed or encountered, the same gives no light.

ALE INPLANTATION HAS A SPECIFIC CAUSE.

It should never, therefore, be forgotten that every instance of inflammation has invariably a specific cause. This is as true of pleurisy, presented, or any other internal information, as of the mischief caused by driving a sail into the flesh; and equally in the one case as in the other must we remove the cause, before we can hope to subdue the inflammation, or, as it is called, "case the discess."

Now with reference to wounds, bruten, or other injuries, as well as boils, curbuncles, and many descriptions of seven and humors on the surface, it is not difficult to make people understand that these are the more effects of a specific cause. But when we speak of internal inflammation, of broughtles, picturies, peritentia, enterits, purcursely, gentritis, or inflammation of the stomack, &c., the mature of the disease seems more difficult of comprehension, and instead of surching at once for the cause and striving to recover that, most persons, indeed I may say most physicians, stop short with the inflammation itself, and content themselves with endeavoring to subsidie that

INTERNAL EXPLANMATION.

Some may say that while we can generally very readily discourthe care of information when it is on the surface, it is generally impossible to do so when it a internal. But this is a mistake, it is true that when the inflamed organ or surface cannot be seen we have the advantage to be derived from the aspearance it presents to the eye. But it is not by the eye alone that we ascertain the character of externol inflammations. There are numerous wounds, swellings, harrow, some, do, on the surface, the character of which we cannot determine by their visible appearance; has we have to refer for the purpose to the general symptoms attending them, and the antecodon't history and circumstances of the patient. If these symptoms and this history are carefully studied in any case of inflammation of the longs, plears, throat, liver, bounds, or any other part, they will neally disclose to us the cause. For example, a person has pleaning, and on inquire we find that he has taken cold, or been exposed to do so. We may safely attribute the inflammation at once to suppersonal perspiration, which, falling on the plours, has set upon influtmation there. Suppose, however, there is no appearance of "a cold," but there is ofccession of the lungs going on in the vicinity of the sent of the inflammation, then we may conclude that the inflamms tion in the pleans is an effort to repel the disturbing influence reflected upon the pleurs by the discussed lung. Again, suppose we are called to a patient who has a band, irritable cough, stricture and pain across the chest, short breathings, &c., indicating plainly an informed condition of the membrane lining the large. Now if the patient has taken cold, this state of things may proceed from this. But if, instead of this, we find that he has had the member, and that the emption has subbuly disappeared from the surface, followed by the symptors described, we need be at no loss in accounting for the symptoms. We say, without hesitation, that the mushes have "struck in mail gone to the lange." But what do we mean by " striking in 2" Why, that the specific poison which produces measles has, to a greater or less extent, left the surface, where it was comparatively harmless, and become concentrated in the large. Nature ralies at once, and ends lear forms there to expel the enemy, and hence the infimumtion and congestion. What is true of these instances of inflammotion is equally true of nearly all internal disorders. They all have a specific cause; and carefully directed observation, guided by knowledge and experience, will notally reveal when those custos are,

The nature and history of these causes of inflammation form one of the most interesting and important studies in which the physician can engage. Indeed, no physician can be a safe and successful peactitioner who does not thoroughly comprehend them. If his mind is not clear on this subject, his practice will always be more or less empirical and hap-lammations—the chances being that he will misunderstand the discuss fifty times where he understands it once,

THE GREAT CAPSE OF DOLLMARKSTRON.

It may not be inappropriate or unproducible to notice here what I does the great and principal cause of inflammation, whether external or internal. I refer to prison or humor of some kind in the blood. Ande from mechanical causes, or loss of symmetry, such as cuts, braises, dislocations, displacements and fractures of the bones,—injuries resulting from some mechanical violence—and the taking late the standard of too great a bulk of food, exciting drinks, or irritating substances—the only causes of inflammation which we can imagine to cont or to affect the system, are above in the nature of possess, or of humors in the blood and fluids of the body. These poisons are of course assessors and diversified, possess various

characteristics, and have peculiar and specific tendencies to different regular. They accommily produce a variety of results, or, as is commonly said, "a variety of discusses." Some of these princip are what are beined esigns offe; that is, they consist of a something called columns, a precious exhalation probably from some form of regetation while in a state of decomposition. These are inhaled, and throw the whole system, it may be said, into a state of infarmation or "forer." Others are known as contagious-those profitoing small-pex, messies, whooging-cough, mumps, and other "contagions diseases." Others again originate in the system itself, from the arrest or imperfect performance of some of the functions of the system. For example, perspiration is suppressed; it is at once threwn lack, absorbed, taken into the blood, and becomes a rank poison there, When a person "takes cold," therefore, he is simply poissed. The exhibition of emboric acid through the large is arrested, and very quickly the presence of this active prison dostroys life. The kidneys perform their office imperfectly; and the uric acid, which they should have removed from the blood, is carried through the bolt, throwing it into most violent inflammation or fever, as, for example, in what is known as "scarlet forer." This last disease is supposed to originate in a specific contagious poison, which is inhaled by the patient. If such is the fact, and it may be, I believe, this specific poison acts primarily to arrest the secretion of the urine, and that the effects we witness—the Sever, the evention, the sere throat, &c .result from an excess of unic acid in the blood. Without engagersting further those various developments of poison in the body, it is sufficient to say that all the waste matter of the system becomes, if not promptly removed, mischievens and destructive poisons.

BUNDE THE PERSONAL CAUSE OF LYTERNAL INPLANMATION.

Another class of possesse is that known under the name of Acous, from which originate all that wast family of akin discusse that affect the lumin race. They may spring from imperfect digestion from impropriate food, or some defective performance of its office in some one or more of the organs of the body, by which the blood becomes corrupted or charged in its elements or in their normal combination, or it may be derived by inheritance from a poisseed parentage. The latter is a common source. We are a poisseed race, and

few bureau brings are askered into life, in Christendem at least, with intainted blood. With the development of those poisons in transforms of akin disease everybody is familiar. Some of them appear as postnice, scales, blotches, running sores, resk, fastres, and almaions of the skin, &c. Some are searcely sotionable and of little consequence; others amonging, painful, and malignant. Some show little or no traces of inflammation, while others present all the characteristics of inflammation, of even an intense grade. I refer to them now as they appear on the external surface of the body.

Now it is a most important fact, but not one sufficiently known; that these "himners" or skin discuss, on the surface, with which we are Smiliar, may all, or nearly all, be reproduced on the internal on gang and surfaces. The large expusse of marcus membrane Iring the threat, the lurgs, the storach, the howels, the minary organs as well as the serous membranes, &c., is peculiarly liable to become the sent of these humors. In thousands of instances, where there is obscure internal disease, whether of the respiratory, digestive, or sexual organs, which buffer the skill of the physician, and obstinately resists all efforts for its relief, it may be traced to humor, which has determined upon these organs, and is there a true skin disease. It is the prison in the blood which produces thermstime; but the same poison which produces cheumstism may, under other einemstances and in other subjects, produce saltaboun cother forms of powers will produce herpes, tetter, bolls, erysipelus, hires, or some other form of disease in the skin; and then when these poisons attack the internal organs of the body, we may have all the different varieties of inflammation that are described in the books or experienced by invalids. When the inflammation locates itself on any part and swelling is produced, which is a very wild form may be called thickening of the part, then often permanent injury is produced-in some cases destruction of the organ. For instance, bumor settling on the internal cur, or on the tubes leading to the our, may, if continued there for any length of time, lead to a thickening of the lining membrane of these tubes, or of the delicate tissue usrounding the auditory bones and nerves, and finally deafress—alsolate and entire declines-may take place. So if a humor ortals on the ball of the eye, we may have pain, fever, swelling, redness, and finally total destruction of the eye, while the came of it is a poison, an irretating substance in the blood, which is foreign to the maintrally

pure condition of the blood, and when located on any tender part will predice inflammation with its torrible consequences. So inflammation may result from a poissonous houser located on any one particular organ or part of an organ, developing a disease possible to that organ; if upon the lungs, the patient will have a cough; if on the throat, perhaps broughitis; if on the joints, rhaumation, &c.; if upon the stemach, dyspopsis; if located upon the nuceus membrane of the horsels, then chronic distributs takes place, or it may be, obstaute restinguess, stoppage of the horsels, &c. The character of the disease will depend of course upon the character of the poison and the part on which it fasters.

dieserally in these cases it will be found on careful impairy that the larger has at some period shown itself on the surface of the body, perhaps briefly, but still long enough to exhibit the real character of the enemy burnousing in the blood. Now it is important to be noticed, these homees when they recode from the skin, and settle on the internal negace, produce, almost invariably, more or less inflammation, whether on the surface they do so or not. Thus a humor in the throat, the bowels, the plears, the hladder, the kidneys, &c., will cause, as I have seen, an inflamed condition of these organs. So a humor on the joints produces rheumatism—neute rheumatism is plainly a poison in the blood. Gout is also the result of humor in the blood.

I cannot, however, pursue a further description of the varieus forms of inflammation resolting from humor, although it might be interesting to do so. No brusch of pathology presents a more interesting study than that connected with humor or poison in the blood, developed in the various internal diseases where its presence is not generally suspented.

In consistion, I desire to impress the thought that wherever there is inflationation it has necessarily a distinct and specific cause. It that cause is not some violence, mechanical or otherwise, inflicted on the patient, in nine hundred and ninety-nine cases out of a thousand is will be found in the blood. It must be apparent therefore that to constant inflammation nuccessfully, we must strike at the cause and remove that. We may pallione it indeed by simply applying removes to the hydromatrics; but we manot in this way care. We must remove the cause. As well might we hope to subdue the leftammation in a dislocated joint without "setting" the bones, or that

consequent on running a nail into the foot without removing the nail, as to cure rheamation, branchitis, pleurisy, gastritis, or inflat-mation of the bowels, kidneys, wearb, liver, lungs, or any other organ or part, without removing the cause which has produced it. And usually this ranse, as I have said, will be found to reside in the blood as a poison or hunor. It is in detecting the latest poison, and being able to communic remedies which will remove it from the blood, and thus purify the fountains of life, that the skill of the physician is shown. If he contents himself with "treating the symptoms" merely, pullating the pain, the heat, the reduces, and the swelling, while he may in a measure succeed in doing so, he cannot ease his patient. The cause remains. It will almost certainly reproduce its mischievam results, and somes or later perminently change, perhaps destroy the structure, causing what is called "cryome disease," and this end the life of the sufferer.

ART. NOT NATURE, THE TRUE PHYSICIAN.

WHAT CUES DISEASE?

Is it Nature, or is it Remedies? Recently I looked into the pumphlet of a young physician, and read in the very first line of his paper that "Nature was the great Physician." It has passed into a kind of aphorism with a vast number of physicians—that nature curve all diseases. If so, why have physicians at all?

The subject is one of the most important that can be discussed. It embraces the whole phenomena of life, health, and the continuous of our existence; and it is necessary, in order to have a clear view of it, to know why we live, and by what forces or powers life is continued. I will conferred to explain and illustrate the phenomena referred to as clearly as possible, being neare, however, that there must necessarily be more or less of obscurity in the exposition of a subject in which theory, to a greater or less extent, is involved, and where all the facts are not capable of actual demonstration.

The human body may be compared to a locomotive, and the powers that more it—the vital forces—to the steam by which a locomotive is propolled. For the health of the one and the surcessful operation of the other, it is necessary that the original construction, in all its details, parts, and combinations, should be perfectly formed, adjusted, and adjusted; that the material entering into the composition of every bolt, and lover, and wheeleach separate piece of the one, and each organ, much, bons, nerve, vessel, and fibre of the other-should be perfect of its keel and perfectly adapted to its purpose; that all the parts should be exactly fitted, adjusted, and combined to accomplish the perpose designed; and then, that the with force-the power that gives rection, 1150, and vigor to every organ and part-should be adequately familied and properly applied. Another requisite is, that all the organs should set equally and in harmony. No one organ should act with greater or less relative force, or have greater or less relative development, thus any of the others. In a well-constructed and well-regulated piece of mechanism, each part moves in harmonious relation to all the others; -one wheel may revolve a bundred times a minute and another a thousand, but in entire harmony with each other. We all know that it is of course necessary that these fixed rotations and this continuous burnions and equality should be uniatained. If they are not, then discord, disorder, and destruction are at once introduced—the machine acts confusedly, irregularly, and chaetically, and finally ceases to art at all.

So it is in the human unseline; each organ should perform its allotted part, arither more nor low; and all should not in the highest harmony, while at the same time they are capable, on occasions, of doubling or tripling the amount of their neural notion, still, however, in harmony with each other. It is in this way that the structure of the system, the composition of its forces, and the evolution and exercise of its powers more on harmoniously together, developing as a result, a second, healthy, strong person. Such is a state of booth.

We observe, also, that this structure is liable to wrate, to wear out, portions constantly dying; and that in order to repair this wrate, previous is made for a constant supply of those substances which enter into the composition of the body as fast as the weatout particles are removed. This waste is so great at some periods of life, that nearly the whole body is said to be removed and removed once in seven years. This change is more rapid in earlier life than at a later period. To supply this waste, the blood, containing all the alements of artificien, is sout to every part of the system; and to remove the waste or effete materials, are woods fitted for the removal of dead portions. Thus provision is made for taking away worm-out materials from the system and supplying those substances that removate it. Were the blood always pure and the sital forces always in full and harmonious play, discuse would never take place except by casualty or violence. But it is far otherwise. In themsands of persons the blood conveys through the system matters that instead of being heneficial are injurious, and produce obstruction, inflammation, change of structure, &c. Often by their mare presence they present the structure from being repaired or its made removed, because they occupy the place of those healthful satisfaces and stimulants upon which the healthy operation of the system depends.

Now, then, what is disease? I arraner that disease is the partial or complete triumph of adverse agents or influences over the constitational or vital powers of the human system, either general or
local, and that it may result from three causes: our is mechanical riclence; the second, defective matrition and disealation; and the third,
injurious substances in the blood—these injurious natters developing
various changes in action, structure, and growth that are foreign to
the body, injurious and irritating to it, and permissons and lifedestroying. By mechanical violence is meant such injuries as cuts,
wounds, blows, falls, or fractures, or foreign hodies introduced saywhere, that more or less injure the system, even to the sudden
deprivation of life. This class of injuries do not belong to discuss
proper, nor do they come under the present discussion, except perhaps to imprize and explain how it is that a cut or wound is healed.

What are the powers of nature or the constitution engaged in the reparation of its health? I answer, they are in some respects similar, though in a much higher degree, to those belonging to trees or plants. A cut in a tree will be healed by the constitutional powers of the tree; a new growth takes place and beals up the wound; the tree has, however, no absorbing powers; whereas, the burnan system will not only heal a wound, but absorb away the thickening which is left after its first healing. The human constitution has the power to cause a broken bene to grow together, provided the ends are piaced in contact and kept so; list it has so power to being the ends together. Here it is that art steps in and restores the broken benes to the proper position. At the very mo-

ment nature is powerless and even injurious in her action, art adrance her sid, sed brings the broken bones together, fisters then that they entered amore, and the powers of the constitution soon cause them to unite; and then in time absorb and remove must all the ragged points, and cover them in such a manner that the bone becomes in intefal, perliags, as over. This power of reporation is greatest when the constitution is in its highest progress of development and enough, and less in the advanced years of life. It some times largers that the powers of life are so low that the knitting together of a broken bone, even, will not take place, as every engon has witnessed. In this case the system must be rivided, the constitution roused from its lethnigy and its referbled condition. and the parts locally stimulated, so as to bring on that amount of action required to produce a care. There are many persons greatly alarmed at the swelling and fever necestring about a wound. They may not be aware that a certain amount of fever and swelling as indispensable to a cure, and that they should not be wholly eas pressed, but only carefully modified, so that the general erstem may not be injured by them-this the part affected may not be deprived of its vital power, which it is liable to be, by exempter action, by too violent and long-continued inflammation, bringing on mortification; or, in other words, the decome of the paris from atter extensition could be excessive action or inflammation. Of course, under these circumstances, no healing takes place, and the general system may even sink and die,

I shall, however, confine my remarks here chiefly to those discases which are not produced by violence or injury.

What is it that produces discour? I will take an example familiar to everybody;—Small-pox is acknowledged to be one of the worst forms of discour that attacks the harron body. No one doubts for a moment but what it is produced by poison, and that it has its seat in the general system, injuring every part more or less affected by it, while its principal effect is seen upon the metace of the body, in cruptions, sores, &c. Now, then, can mature care this discise? Small-pox is produced, as I say, by poison; this poison infines itself into the general system, and it has in its own nature a peculiar power of propagation, and apparently a vitality of its own. After commencing its work on the system, it will live on from two to three weeks; and when it has run its course, when its powers counter

it will itself die. The homan system is the theatre of the mischiorous operations, and is left, if not entirely destroy of, in a shattered, damaged condition. It is the offen of nature and the constitution, which demanture, to resist and repair these damages; and this is all that record can do in the management of the discost. The initiation, the excitation, the fever—all are produced by the poison, which stimulates the parts on which it is located, and through them the whole system. Can the constitution reject this paison? No; it receives it. It has no discommuting taste to reject my injurious influence which comes in its way; it receives all, whether poisons or otherwise; and they pursue their own course of development, live their leves in the system, and the whon they have completed their course; and then, if the system itself is not destroyed, the work of nature and the constitution is to repair this damage.

Take mother complet: the surgeon, in dissecting a dead body or amputating a marrifed limb, soutches his finger with the instrument be coupleys, and as much of the corrupted matter fines the body as could be held on the point of a assalle is infined into the wound, absorbed into the blood, and carried into the system. Has nature the power to accutualise or expel this poison, even when so inequificant in amount? Not at all. On the contrary, the virus expelly propagates itself, transforming into corruption the whole body of the blood, until the person dies, a festering, putrid most of corruption. Such occurrences as this are taking place every day. Let me instance one which happened in the central part of this State, in July last, The facts are given by the Genera (N. Y.) Genetic, as follows:

[&]quot;THERE PERSONS POISONED BY A STREET, COTTAINING

[&]quot;It is our duty to record one of the most sail, and at the same time singular occurrences that has ever some within the sphere of our observation, which has aircraft resulted in the death of two of the parties concerned, and so bully injured one other that his life is despaired of. The circumstances are those: Dr. John Potter, residing at Praticipary, Steelien Co., brother of Dr. Hazard Potter of this village, well known as one of the most skilled surgeons of this State, was called upon to dross a more's near which had been mutilated in the cog-wheels of some machinery. He made every effort to save the arm from amputation, and in this, at the sacrifice of his own

the, he has probably exceeded. The arm having instanted, he called on his brother, Hunnel Petter, of this village, to assist in opening it. During the operation, he by some accident cut binnell slightly, and allowed some of the virus from the arm of his patient to mirgle with the blood. This is a few days had so poissend his entire system that no earthly power could save him. He died in Priday line. While attending his function, his brother Hazard, who had a slight scratch on his traid at the time of perfecting the operation, and who had also become poissened by the virus, felt as inding about the tingers, which proved to be the weekings of the poisses, and although attended by all the physicians is Geneva, his life is desquired of. Another man who assisted is dressing the arm was poisoned, but we have not been informed of his situation in the time of writing.

"P.S.—Since writing the above, we have been informed that the mm who helped to dress the arm is dead."

In these instances of poisoning we have no difficulty in truing the disease directly to its source; and we see that cut, not notes, must be invoked if we would hope to cure it. But precisely the same phenomena occurs in all other instances of disease. Disease is always caused by influences just as specific, although more subtle and hidden. This is true not only of all forms of fever, of every species of epidemic, of all contagious and infectious diseases, but of construption, heart disease, asthma, rheumatism, and chrone diseases generally.

But the human species not only receives peisons from external sources, but it also generates or develops them within itself. As we have seen, the materials of which the body is made, are constantly wearing out or slying; and this dead matter is always a rank poison, and if retained in the body constitutes the germ of inevitable disease. So also, any organ by becoming deranged from external influence, or otherwise, may have its functions or action so changed as to evolve within itself a poison, which being sent through the system shall cause general demagement, and even death. In all these cases, nature, feeble and overwhelmed, calls along for the six and assistance of sert.

It is true that the system is endowed with a certain power of resistance. But this power she always puts forth whenever she is ascalled; and were she able to access/ally resist the assaults of her enemies there would be no discuss. It is precisely the triumph of these enemies over nature which constitutes disease; and if discuss is present, we may know she has been conquered after resisting to the atmost extent of her power. It is precisely because she cannot successfully resist the destructive influences which attack her, that the physician's aid is needed. It is true that some poisons pass out of the system whelly or in part through the great enumetories, as the large, bowels, kidneys, skin, dec, and then disease does not occur. Others do not; but perpetuate themselves, and continue to marge the system for a longer or aborter period, until death course, or antil they are conquered, neutralized, and expelled by remedies.

Then is nature can do little or nothing but repair the damages. canned by discoss, what can art do? When is it that the physician b wanted, and what is his appropriate office? The true office of the physician and his highest mission is, to search out and apply autidates for three points which produce diseases, each, no doubt, having a character as distinctive as its easse is specific; and it is to me perfectly clear that it is impossible for any came to exist, except in the flat of the Almighty, without a combeneting cause; so every poisen has, no doubt, an antidote. Then, I say, it is the daty of physicians to such our and administer those antidotes which shall counteract the poisons which cause disease. If the antidotes he employed and adapted to perfectly neutralize the poisson, a cure will be promptly and entirely effected. This is always the case with true antidotes. If, however, they only not partially as neutralizers, the case will only be portial; as far as frue antidotes, they are valuable and useful. The physician may check the development and reduce the violence of searlet fever, small-por, messles, typhus feren do, by a great variety of appliances and medicines within his reach, which are not in any respect true antidotes; and this is in fact the character of medical practice in the present state of medelso, to a rust extent, everywhere, even in the highest circles of the profession; as an almost general rule, pulliatives only are employed, and not true complices. The true curative is the true nutidote that nestralizes the powers which is the curse of the discuss, and thus arrests at once all its injurious effects and dangerous consequences.

It should be remarked that is is often the case that a remedy will not as a true antidete at one time in the course of a disease and

not at another. The poison may have changed its character, or the impressibility of the system may have been modified, so that what would neutralize the poison at the beginning of the attack, becomes powerless and itsert towards the termination; or what was not an antidote at the concentrationant, becomes one towards the conclusion of the discuss.

Suppose a railroad well constructed, and a becomotive in a posfeet condition; yet the locomotive must be run with an eye to the strength of the mod itself; it must not be so heavily leaded as to break down the road, nor so rapidly driven as to disarganto the road-bed. If an obstruction lies across the road, it may be so dight that the locomotive may break it away, or so far overcome it that it shall not exert a greatly injurious effect upon the locometre or upon the road. But if the obstruction is of such a character as to break up the road-bed and dash the locomotive to pieces, it of course must be taken away, or destruction follows.

This is the case with thousands of diseases which attack the human eyetem; the attack is so great that the structure of the system may he changed, and the vital powers overwhelmed partially or totally, It is here that the high set of the true physician is shown to the greatest possible afrantage, who with his antidotes neutraless and removes the poison from which the disease springs, and then by hygiculo remedies exalts the powers of reparation is the system, and gently leads back the whole constitution to health. This is the highest and greatest art known to the physician, and one of the most valuable that can over be developed among men. Of course, in the process of restoration, a wast number of subjects must be thoroughly understood; all the errors of dist, all the faults of our field either in quality or quantity, power of nutrition, &c. A tree knowledge is requisite of those influences or agencies that may poison the blood or render its autrition deficient or imperfect. All the poisons that enter the system by the stomach, the lungs, the skin, or by insentation or contagion, infection, &c., must be all understreed.

We will again resur to the fact that nearly all diseases come become they have had a peculiar life impressed upon them by their muon, and because they live out that hip. The fact is well like trated in the action of many stimulants. For instance, the whole system of the drunkard is overcome by the alcohol taken; but in a short time, if he ceases to divisk, the liquor is removed from the system, and passed away through the emmetories. This is the ordinary work of entere herself and what she is always doing in the case of the ineletiate; she then remove the system, and repairs the damages of interiention by the natural play of her healthy forces. But if the interiention is protructed, these forces become weakened and the repositive powers lessened, until finally the poor inchrists sinks down powerless, and dies from the langeoutinued effects of over-stimulation. The effect of a dose at opium is similar to that of temporary interiestion from alcohol: it will fire a certain life in the system, produce certain results, and then disappear; not by the power of nature, but became its own power of stimulus can exist but a certain length of time in the system.

We see the same fact in plants: certain natritive substances being placed around their roots, they absorb them and grow well until these substances are exhausted; when we no longer see an advance in their growth, or in the activity of their life. The stimuliplaced around these roots have lived their life, and passed away.

The same fact is noticed with poisons placed around the root of a tree, they will bejore and destroy it, or continuo acting on it until their life and power are exhausted. Then, if the tree survive, noture may repair the mischief, and restore the tree to strength and healthy growth.

From these ficts. I deduce the conclusion that no disease whatever is incurable. The damages or injury caused by it when allowed to run its course unchecked may be irreporable either by nature or art; but the original disease from which it spring is, in its comsomeoment, perfectly curable if only the proper remedies are employed; or, in other words, there is an autidate for every disease, which, if employed before the injurious effects on the constitution are so great that the powers of reparation are destroyed, will remove the disease. The reparation belongs to nature alone, while the case of disease or the curing short of it belongs to remedies. It is the province of antidotes, promptly and timely administered, to care disease; whilst the reparation of the constitution to the usual standard of health, by the reparation of diseases, done by disease, belongs to nature. The recuperative powers of the system, it is true, may be greatly assisted by the physician's advice and art.

We will take the case of constipation; the bowels is many cases

because entirely inactive, and loaded with solid exercmentations matter, in which state the constitutional forces are atterly powerless to remove it. It is then that the physician is called in; and by mechanical and medical remedies, such as fluid injections and the inferenting effects of cil, and such remoties as will increase the secretion in the bowels, rouse their action and stimulate them to greater activity, he removes the obstructions, relieves the combination, restores the patient to health, and the bowels to healthy activity. This belongs to the province of the physician, and what he administers becomes artidatal to the discuse. The remedies may be either chemical or mechanical, direct or indirect in their action. Again, is your storach disturbed from addity? a proper alkaline remedy will neutraline and remove the seid. Are your howels constituted? then oil and bibitenting injections may noten the hardened feces and allow them to pass off; or the bowels may be too dry, and stimulants will be given to cause them to secrete fleid into the envities, and thus soften and float out the excrementations matter from them. Here we find the province of the physician. Nature would not relieve these bough, probably, ustil the system itself would be destroyed; but the art and the remedies of the physician come in and apply such antidates as the case requires. After the force are removed from the bowels, then it is the office of nature to venuir the damages done, and elsvate herself again to the standard of health. And at this period the constitution may require some assistance;-tonics to arouse the reconstructive powers, and to renew the strength of the constitution, so that health may be resumed.

The discussion of this subject might be much extended, and is limitations of the points I have stated indefinitely multiplied; but the limits of this work will not admit of it. Suffice it to use to say, that in my opinion unitare does not core discuse; she to a certain extent repairs the damages resulting from it; but even in doing this the often requires our amistance; for assections these damages may be so extensive as to paralyze the powers of the system, and from this the constitution may never rally, and death mass. At other times these damages are slight, and health is soon resumed by the recuperative powers of the system. The discuss itself is cared by remedies; and these remedies, when they are true remedies, are satisfated to the posons or causes which produced the discuss. The discuss themselves have a life suppressed upon them, and live a cor-

tain time in the system, and if the system survives their action, then bealth may be again resumed; but in many cases the discuss itself is more powerful than the system, and extinguishes life itself. The aid of the physician is demanded to allevine argent symptoms, to reduce excessive fever, to elevate from excessive presentation, and to give antidates to the poisson or the cases producing the discuss; to control the discuss or suppress its meages, until the discuss itself shall run its course and die out; and when the discuss has thus run its course, then comes in also a high demonstration of the physician's power in assisting nature to repair the damages caused by the rawages of discuss.

In concinion, I would say, nature curse no disease; remedies cure the disease, and nature repairs the damages produced by discase. This is exemplified in cuts, wounds, blows, and beniese; in the secons to health from small-pox, measles, all infectious diseases, fevers, influentations, colds, &c.

There are, indeed, instances where nature seems to set up a disease of her own in order to remove an infinious cause of disturbance. Take, for example, a common, colimny boil, which is no doubt produced by some obstruction in the blood results or nerves, or by foreign saluturess in the part at which it originates, and we perseive the phenomena of pain, fever, heat, swelling, in other words, informaflow in the part. This goes on until nature has someol a full supply of blood, until the blood resorts are thoroughly and sufficiently onlarged, when a large quantity of motter or par is rapidly formed in the interior of the swelling, which finally bursts outward, a canal is farmed, terminating outwardly, or into some cavity which leads out of the body, and along this sund is floated off the feesion substance, which was the original cause of the disease. We see the same phonomena also in the case of a stick, or other foreign body, thrust into the flesh. In these cases unture sets up certain processes. which have a show of disease, but which are really not diseases in the true asceptation of the term, because they are natural processes, developed under extraordinary circumstances. A fareign, injurious body is in the flesh, and must be removed; and its removal is offected by the process of swelling and secretion of matter and ulceration; and consequent on the swelling, inflammation, and matter, we have pain, best, &c. This is the natural process, and is very estrious, as illustrating the reconstrative powers of the system. It is

one of the ways nature has at her command of repairing damage and removing injurious boiles.

If this foreign body is so large us to prostrate the powers of the system, then reporation may become impossible, although an attempt at repuration will be made if the powers of life are not too greatly prostrated. It is here that the surgeon finds employment; he removes the foceign body and wonderfully facilitates the cure of the injury.

It is most desirable that the physician should have a correct idea of the causes of disease, and also a true knowledge of the removal of those causes. But there are many physicians who pass this whole subject over with numberful flupourly and carelessums, and their practice is an asoless in their views are laces and imperfect. I have never seen a more striking testimony of a physician against himself, declaratory of his after unfitness for his office, then that of the lite becture by Magandia, the colobrated attending physician at the Honel Dieu in Paris, in the following extract form one of his bectures. It is from the Paris correspondent of the American Medical Gunta for June, 1856. This writer says that he once heard Magandie open a lecture somewhat in the following words:

" Gustlemes-Medicine is a great handley. I know it is called a misucearison, indend! It is nothing him arison: Doctors are more empiries, when they are not charlaters. We are no ignorant as men our los. Who knows any thing in the world about medicine? Gentlemen, you have done me me honor to come here to attend my lectures, and I come tell you frankly now, is the beginning that I know mitting in the world about molicies, and I don't know anythody who does know any thing about it. Don't think for a moment that I haven't roul the bills advertising the source of letters at the Medical School: I know that this man tender suntcopy, that man iracles pathology, an other man physiology, each a sea therapeutics, each modifier materia modes-El Sim ? et spece? What's known about all that Why. graffeners, at the school of Mortpeller (God known it was finance enough to its day), they discouled the unity of unstony, and taught nothing but the dispensivy; and the dotters educated there knew just as much and were quitas succeeded as any others. I report it, unlosly knows any thing about medleins. True enough we are gathering their every day. Marcin product typleas fever, for example, by injecting a certain enbetance into the votes of a dog-that's scending; we alwante dishers, and, I see distantly, so are hat appropries the day when philinia can be excel as easily as any discus-We are collecting facts in the right spirit; and I dare say in a century or so the accumulation of facts may enable our successors to form a mellical science; but I repeat it to you, there is no such thing now as a medical science.

Who can fell me how to sure the bendache? or the gont? or disease of the heart ! Nobody. On! you tell me doctors ours people. I great you propleare cared. But low are they cared! Gentlemen, miture does a great deal. Imagination does a good deal. Doctors do . . . devilide limite when they don't do have. Let use tell you, gentlerson, what I did when I was the head physician at Hotel Dies. Some three or four thousand patients. pissed through my lands every year. I divided the patients into two classes.) with one. I followed the dispensary, and gare them the nend medicine withnut having the least like why or wherefore; to the other, I gave bound pills and colored water, without, of comes, letting then know any thing aborn it; and occasionally, purificants, I would create a third division, to when I gave nothing whatever. These had would first a good deal, they would feel they were regioned (sick people always feel they are seglected unless they are well immediate indeplier), and they would ignize Conseives until they got really sick. hen names becausably came to the reacts, and all the persons in this third class get well. There was little mortality arrong those who reseized melling but broad pills and colored water, and the mortality was greatnot arriving those with were carefully drugged according to the dispensery."

Now is it possible that any physician can honestly continue in the practice of his profession when he prenounces unbesitatisely that every remedy he ever employed was injurious, and that the omission of all remedies left his patient in better condition than the use of any he knew how to prescribe? Yet useh a fact is builty put forth by Magendie, and this unfortunately is the case with a vast amount of the practice in France, where very many of our young physicians go to obtain a knowledge of discuss and its curatives.

The French are preverbially the potent physicians in the world; they appear to have the least possible idea of the causes of diseases, or the means of their care. They either leave the patient to his fan, or in other words, leave him to nature, as they say, or harry bins out of the world by worse than uncless remedies. According to Margandie's testimony he is far better off left to himself, than to use any remedies employed by a French physician. Note I am speaking of French physicians, not French suggests.

It is terrible to conceive of a patient labering under the effects of discuss, and whilst that is raging in his system—living its destructive life there, and when its course is finished, bearing a prostrated and broken constitution—at the same time the medical remedies introduced by the physician should be destroying the patient, who might but for the artificial disease have fixed through the accidental one, but cannot ensuin the attacks of the two. There is little

doubt that in thorounds and millions of cases, where improper ramedies are employed continually, the poor sufferer has to endure one discuss introduced by accident and another by art; and it is often the case that the artificial discuss is tenfold worse than the accidental one.

I would have this whole subject of antidotes, causes of Garase, doz, to the consideration of physicians, begging them to be convinced that if they wish to cure disease they can do it best by true antidotes. Antidotal remedies are invaluable beyond all conception, and in the hands of a good physician will increase tretty his necklines, and redound wonderfully to his fame. If he knows of no true artiflote, then be can only with advantage use pullistives. They require in their exhibition much judgment, mather to reduce the patient below the standard requisite to his recovery, nor stimulate him to a higher standard than his system will bear without injury, is a wood, to trent the symptoms as they arise, and so control and manage them as to sove his patient while the disease is running its course. The true antidote, however, will at once eure the disease. It should be heepe in mind that there are many diseases which, if allowed to contions unsheeked, will always terminate fatally; and antidotes saly, not pallistives, can asse the life of the patient,

CHAPTER XXX.

CATHARTICS.

NATURE AND USES OF CATHACTIC MERCENES.

The human system is constructed to continue in being and in health for a great number of years, even for more than one hundred in many cases, and until it gradually declines from the effects of old age. Man never dies before old age except from injuries, accidents, or poissu is the blood.

Injuries may arise from direct violence, or they may result from slightly injurious impressions, which, continuing for a great length of time, accumulate arigment of effects, and finally, either alone or with other causes, produce death. These influences, if they do not directly out off the thread of life, often reduce the system to such a state as will reader it mable to resist the ordinary depressing influences of heat, cold, labor, exposures, privations, &c.

I have closwhere shown that the system falls into discase and fails in its powers from loss of symmetry or from poisons in the blood; and that these two are almost universally the cause of discase; and then the closing or stoppings of some of the great enunctories of the system, as the skin, kidneys, bowels, lungs, will rouse these causes into active operation.

It is indispensable to life and health that the circulation of the blood be equal and even throughout the system—that no organ has too much and none too little. For example, the head should not be hot and feverish and the feet cold as ice, showing too much blood in one part of the system and a great deficiency in another. Unequal even lation long continued will always produce discuse; and where discase is present, even in a slight degree, there is no guarantee, if it be allowed to continue, that the life of the person can be safe, and the probability is that the always will be spread throughout the whole system, and thus destroy life.

This amount circulation may overload the brain or its coverings

with too much blood, or it may have the same effect open the large, the beart, liver, bowels, skin, kidneys, sexual organs, or upon the extremities, as we see in swelling of the feet, and also of the person generally.

Various organs of the body are often made the receptacle of acoumulations, such as phlegen as muous in the throat and obest in page. monia, bropehitis, and communation -hile in the storagh, or retertion of food or excrementitions matter in the bowels, which become a mechanical obstruction, tending greatly to irritate the system, and often destroy life. Obstructions may also take place in the galbladder by accumulations of gall-stream, and stone and gravel may be deposited in the chambers of the kidneys, bladder, metha, &c., by which good mjury is measurably produced; and if allowed to go upremedical, doubles sure to result. There are other accomplations, such as a superabundance of fat, which, in early periods of life, are often exceedingly dangerous, rendering the persons liable to salden uttacks of zente discuss, which, occurring under such circumstances, are upt to prove fitted. In later life, fleshe individuals are rubicet to obstruction of the circulation, which often results in dross r. Such persons have not, as a general thing, the largest expectation of long life.

In order to ave long, it is necessary to keep the system tigorous and healthy from day to day; and in order to be healthy, all the organs of the body most act naturally and himmoniously. The person must not be too fat or too lean, but possess a sufficient quantity of these and juices to fully enstate all the vital forces of the body, and the receivance strength of which it is empalse. When this condition is maintained, the system will continue is localth, in a vest many cases, to at least one hundred years. But suppose that, instead of health, we find a state of disease—some organ of the body reduced in its powers, the blood circulating inskindly and inequally through the body, and imprograted perhaps with poison—what are we to do? What is the realiset and best means by which the blood can be restored to pointy, the enganged state of the organs relieved, and beath restored most certainly and most promptly?

In all cases of engargement, whatever the congestion, whether of a whole organ or a portion of it, if its functions are in any way impaired, the way to relieve the organ is to unlead more or less the whole system, so as to derive from the discussed organs to those that are not diseased. The great cannetories are the skin, lungs, bowels, and kidneys; slightly the system may be relieved, in some cases, through the nestrile; but the lungs, bowels, kidneys, and skin are the four principal arranes through which fireign matter, accumulating in the system or any of its parts, may be thrown off, and the system thereby relieved.

HOW THE DIFFERENT EMPACEMENT AND RELIEVED.

To unload the lungs through themselves is often a dangerous process, and in most instances entirely impracticable. Still, the system may senetimes be reflected in this way by the use of expectorants, or such medicines as induce in them as instrumed secretion of plangus or mean. But, as a general rule, where the lungs are much congested, we cannot rely upon reducing the engargement through themselves, but must resort to the other emerctories for this purpose. In fact, it may be laid flown as a true maxim in nearly all cases, never to attempt to reduce the system through any organ strondy too highly excited, but to open the other eminutories and allow the diseased or obstructed one a certain amount of respite and quiet.

OPENING OF THE SKIN.

In all cases of fever or inflammation, it is found extremely beneficial, and, indeed, indispensable is soute diseases, to open the pows of the skin and bring on perspiration, which may be continued for one, two, or three days, and sometimes longer if the fever does not yield somer. But in chronic discuses we cannot make so much use of the skin for the continued relief of the system, became this commant opening of the pures, if too long continued, will had to great dehilly of the system. Still, limited relief may be obtained in this way without injury, by frequent and free ablations in trater of such temperature as is agreeable to the parient and consistent with his strength. Much benefit is received in this way, in many cases, in our water-cure establishments. Some complaints are permanently cured there, others are temporarily relieved; but in many cases this treatment becomes wholly implimisable. It is found that this system of treatment is very generally omitted after a short period, whilst in thousands and tens of thousands of cases we have to employ some

remedies for a series of years to overcome and finally cure the shronic domagnment of the system.

SPENING OF THE EIGNEYS, OR THE THE OF PETERSION

There is a vast number of cases where dissrete treatment becomes of very great importance, as in instances of deepsy, to relieve the system of watery accumulations; but beyond a certain regular scretion of noise, the hidneys will not long act without producing invation, excitement, and disease of these organs. Therefore it is useless to depend upon discretic treatment, or to expect relief except for a limited period of time; as disturbance of the hidneys, bladder, and so forth, would be sure to result from a long-continued use of strong discretice.

Directies are and must be theroughly used in dropsy; but even in this discoun, where the treatment is too long continued, there is danger of injury to the kidneys. Directies may be temperarily employed in nexts discours, in had colds, or suppressed perspiration, with advantage.

Experience has now taught physicians, universally, that the system cannot be permanently releved from chronic discuss through the lange, kidneys, or skin; that is, by the use of expectorants, direction, or displacectics.

There is mother mode of reducing the system, via, abstineror. Let us consider this for a moment.

400 ABRIDGENCE,

The question is often asked, "Is it not better to withhold fool from the system, and in this may do away with the necessity of using extraordinary means to unload it?" Some say, diet your patient, starre your patient, and you will avoid the accessity of employing any medicines or remedies to reduce or unload the system or my particular organ.

There is no doubt but that in all acute discusse, in every form of fever and inflammation, in all affections that tend to reduce the povers of the system and weaken digration, disting is of immense benefit; and every encessful physician often councils withholding sutirely all solid food and all food that excites the stormels, and this

with most decided benefit; but when there is no aente affection present, nor any andden disorder, the onse becomes widely different; and although we would unload, we do not wish to reduce the system. The patient may have active, laborious duties to perform each dry-it may be is a musing-mother-thus, in many instances, even if advisable, it is not convenient to reduce the system generally, but it must be reduced locally, because there cannot be borne such a loss of strength as most accrue from great reduction of food. Much may be done in selection and choice of food-eating only that which experirace has found to agree best with the system. The practice of withhobling food so that the bodily strength is prestrated from want of sustenance, is injurious to the very last degree. Such diction, if long. continued, will weaken the stormeli, and bring on such delility of that organ as to prevent digretion of the food, and after a while the patient may become hopelessly dygaptic from more abstinance. For this reason dieting, as a general rule, carnot be depended upon for the relief of chronic diseases. It is usually rejected by putients who, after reducing and debilitating the digestive organs by abstinence, wisely return to better living,

Care should always be taken, as we leave before remarked, in the selection of food, in musticating it well, in the regularity of the bours set apart for eating, and in taking just a sufficient quantity to sustain the powers and preserve the oblifty to pursue the daily occupations, or take the daily amount of exercise, which, however, should sever be carried beyond the point of moderate fittings. But is orfer to accomplish this daily exercise, the patient must ent and not starve himself.

No wound will heal, an recoperative action of the system will take place, no discussed organ will be restored to health as a general prinniple by a continued course of abstinctor, carried to the extent of prostrating the system for any considerable length of time.

I have often observed the discressing effects of abstinence in this climate during the days of Leut, when many electric from minual food and yet attempt to continue their shifty labor. Not a few from this came sink into communition or some other disease, and become invalide for the. This is particularly the case with many mathers, whose teligious impressions or obligations will not allow them to eat ment during Leut, and who from this cause become exceedingly reduced and prostrated, greatly injuring themselves and their nursing infants.

We will now inquire into the probability of relief through the fourth great summetory—the bowels.

THE ROWALS THE GREAT EXECUTIONS THROUGH WHICH TO HELIUM THE STATEM, WIG.

Having considered the three ensuretories—the image kidneys, and skin-and found that through these the system may be mfleved to a certain extent of accumulations of foreign matter, and often very efficiently, we now come to the consideration of the fourth and still more important enunctory, the principal outlet of the system, viz., the alimentary count. By the "alimentary caralis meant the whole channel, with all the cavities and receptades through which the food passes from the time it is taken into the mostle subridge the entrance to the storach, the duodenum or second stomach, the small bowels, the colon or large bowels, and the rectum, constituting a ranal of about thirty feet in length, and presenting a very large internal surface to be acted upon by whotever passes through it. Accumulations of matter, both from the ways of the food and secretions from the surface themselves, are of frequent occurrence throughout this great canal, occasioning, to a greater or less extent, obstructions sometimes in our place and sometimes in mother, it being true that one part of this caral may be active while another is exceedingly sluggish. It is this great emercuary which constitutes the chief medium of relief to the system, or to my one organ of the system, when suffering from stagnation of the sixculation, from congestion, from obstruction, from too little or too great secretion, swelling, &c. It is also a great medium by which poisons in the blood may be eliminated and usjested from the system.

The remedies for relieving the atomach and howels are called specients or culturties. Many persons reject enthurtic mediciars on the ground that they may in some way injure the system, and that it is better to regular, the borrels by diet than by the direct use of remedies that shall stimulate and move them. We do not demy that semething may be done by dieting to relieve continues in some persons; but in many instances, dieting for this purpose is quite ineffectual; indeed, it is not indirequently the case that in any attempt to diet, the very food selected aggreeates the difficulty. It may be that offering in some persons relieves the continuous; but this is done at the expense of weakening the steemen and howels. The lite justly colchrated Dr. Physic of Philadelphia, who had a large experience in the exhibition of chrotic remedies, told use that he considered that the course articles of food often recommended for the cure of costiveness acted only by disagreeing with the storagels and howels, and were in a measure injurious to the system itself. It is well known that some articles of course food are empable of accumulating in the bowels in the slope of halls, and produce yest injury. This is the case with the coarsely ground outness as prepared in Scotland, and cates mostly by the persentry and laboring people, How fruit, such as 1996es, grapes, peaches, simulseries, &c., will do sessething towards opining the bourle; so will couse broad and "grita" of different kinds. All these different articles arem elightly to benefit invalids; but there are many exceptions in which they disagree with the patient, and do much more harm than good, In thousands of eases necessity requires that medicinal preparations be used to open the bowels daily. When properly administered, they conditute the best means of eccuring relief, as we can graduate their quantity and govern their effects as us to relieve the symtent, or any organ, without prostrating the strength or fujuring any part. Some articles of medicine are, of course, much better to effect this purpose than others.

WHAT SHOULD BE THE CHARACTER OF THE APERIEST OF CATHLETIC MUDGINE WHICH WE PROPOSE TO EMPLOY.

In making choice of a cuthartic remody, we should select nonething that will commence its action in the stemach and continue it gently but effectually through the whole almostary must, quickening the action of the stomach, capelling the vicious secretions, the superabordance of hile and aridity, reflexing the gall-bladder if overleaded with hile, and removing all other obstructions that may exist in these organs, pursuing its way through the small intestines, relieving them from all foreign bodies and the necessitation of excermentations matter, carrying it forward into the large bowel, and sweeping out all accumulations in the crypts of the colon, and at the flexures of this great organ, terminating its course finally by freely grarunting the large boxed or rectum; thus relieving the whole system, and particularly any organ affected by a redundancy or by imparity, of its contents. The effect of such a culturie is to clearse the storach and bowels not only of excrementitions matter, but from undiscovertions of muces. It is well known that there are many persons who, during all periods of life, from infancy to all age, are affected with superalemental secretions of mucus in the bowels. They become loaded with great quantities of this cold stagnant matter, checking and obstructing the lacted vessels which absorb the chyle and american matter of the food. Sometimes the obstruction is so great that it prevents the proper matrition of the system to a very great degree, besteling great quantities of worms both in the young and old. There known as many as three quarts of worms to pass from the borrels at one time.

Sensitives the presence of this cold, slimy, superplumbing marms in the stormed produces a sallow, manimum expression of the countestance, with colorless checks, the surface of the body becoming cold and flabby, the vitality low throughout the system, the digention impaired, the strength weakened, and the circulation languid and frequently irregular. The effect of a peoper aperient and cathortic is, in the most kindly and greatle manner to relieve the howels of this nature. In these cases, cometimes the borrels are very flatnical and sluggish; and sometimes a slimy "looseness" still take place, hardly amounting to a diarriera, but yet with frequent calls to stood, and with scanty oracumious; the borrels will frequently bleat, and occasionally there will be more or less griping and pan. At times great quantities of the accumulated muons will pass from the borrels, impiring the patient with much fear and alarm.

The effect of a suitable and efficient operions will in all these cases be most solutary. By its use for a short time, from a depressed and loaded state of the system, with despending hopes and sluggish habits, the patient will be entirely restored to becomey of spirits and courage; the system will be referred, and strength will take the place of depression, timidity, and feebboness.

WHAT THE CHARACTER AND EFFECT OF THIS CATHACTIC MEDICINE SHOTED BE.

As a general thing, everybody should avoid drastic purgatives, and especially a continued use of them.

It is a common fault in preparing cathartic medicines to use

only one, two, or three kinds of cultural substances, selecting each as act very energetically upon some particular parts of the howels-officiations not acting upon other men at all, nor upon the stomach. The consequence is, that they imperfectly unlead the bowels, being too stimulating for one part and not enough so for another; and those parts upon which they do not being too much stimulated, soon become unsucceptible to the information of any stimulant. We consequently first, that of most of the entlurties prepared, we have daily to increase the dose very much, in order to produce on effect, until feally the bowels will hardly move at all under the influence of any medicine; and not unfrequently an obstingle and permanent costiveness spaces. All such preparations of medicines are truly injurious, weakening the bowels and the whole system. A proper enthartie medicine should act upon the whole howels equally, and also upon the stomach, without any griping or pain, effectually clearing the stormels and bowels, at the same time giving them tone and strength. Heating and stimulant enthantion dry up the bowels, and hence also increase costiveness, until it is found impossible to use them. In the second part of this work will be found the prescriptions for several varieties of the best cathartic medicines, and which may be used for years without being their effect, and with constant benefit and pleasure to the potion).

I have known my exthactic pills used regularly every night for twelve years, by persons whose health required them; and who, from being the subjects of chronic diseases, lung complaints, head complaints, dyspepsia, liver complaints, doc, have found their health improving from year to year, until now they are strong, robust, and hunty, able to rut, drink, and endure more than at any former period of their lines.

I will now notice in what diseases and states of the system cathurtics should be used.

CATRACTICS IN ATTENTIONS OF THE HEAD.

In the following disorders particularly, outbartic medicines are indiented;—apoplexy, palay, rush of blood to the head, giddiness, bradache, swelling seasonism in the head, elements, moddiness of the intellect, imbility of continued thought, or intellectual effort, &c., &c.

There are many persons who suffer under one or more of the

above local troubles, who are rendered by them inespable even of pursaing the common avocations of Life, and are often in later years subjects of apoplexy, polys, and sudden death. Apoplexy may on our at any period of life; though formerly more than now, it seemed confined to persuas of advanced age. Those persons whose procutions compel them to use their eyes and brain much, such as surdents, artists, and some mechanics, will find much benefit by the peof entable culturatio medicines. There are other persons who safer from rush of blood to the head, produced by hile in the stormely, by intemperance (excessive eating and drinking), by late suppers. attacks of indigestion, &c.; but from whatever came produced, these persons will find immediate beautit from the employment of suitable catherties. After a late supper, where too much enting and drinking has been induled in, and the concrience of the purties so including must be atomed for by headache on the morrow, and, perhaps, by days of indisposition, as soon as their feat is over. before going to lend, and before these excesses have began their work upon the general system, they should take a thorough portion of eathertic medicine. Do not wait for these excessive quantities of food and drink to remain and derange the whole animal economy; but take a large portion of properly compounded enthantic medieines; take it in sufficient quantities to thoroughly move the bewelt. If this is done, instead of being the subjects of an apoplectic attack, or excessive headache, or fever, on rising from hed in the morning, they will first themselves entirely relieved. Then take a very light breakfast indeed, ent very little during the day, giving the storach and bowels repose. If not perfectly released, take another dose during the day, or at bedtime, and you may calculate upon most effectual and complete relief from the effects of almost any surkit. I would not, of course, recommend debaucheries, excesses, or betemperance of any kind;-they cannot be influlged in without more or less injury. But if men will be so foolish as to thus imbrute themselves, this is the best way to prevent, as far as possible, the injurious effects that would otherwise emue.

Many females are affected by ruch of blood to the head and headnotes from suppression or obstruction of the extansoria, causing great heat about the bend and flushing about the face. Such persons will find immense benefit from the use of enthantic medicines patternly employed until the causes of this difficulty are removed by a ratio ration of the monthly sickness. A great many halics, at what is sailed the turn of life, when periodical nature ceases, are attacked with chronic discusses, headache, and various complications of discuss, such as broarbits, cough, true consumption, discuss of the womb, moldes flashes of best, alternating with attacks of cold and chilly sensations throughout the system, palphanion of the heart, indignation, palsy, liver complaint, dropsy, apoplexy, do. It is in such cases, and, in fact, in smally all cases as the turn of life approaches, that a proper use of callmetic medicines will be found exceedingly medial.

They do not, if properly prepared and administered, reduce the system, but strengthen it, by quietly unloading it for a period by artificially induced concentions, sufficient to compensate for the natural one than has been suppressed.

It may be safely said, that in all affections of the head whatever, whether of an neste or chronic character, great benefit will be derived from suitable cuthartic medicines. This is strikingly the one with persons in advanced life, particularly with men from farty to eighty or older, of full babit, florid counterances, who at times experience a sense of giddiness and diminess, and who may have sufficed apoplectic or paralytic attacks, who find their memory more or less impaired, and a sense of weight about the head, with dulases and decominess really coming over them. Many such persons often forget themselves, and hardly know where they are. As a general principle, these will all find themselves relieved by the nor of grathe enthantic medicines, and oftentimes restored to perfect health.

An instance occurs to me, exemplifying the effects which may arise from obstructions in the storagh and bowds, and from de ranged circulation of the blood, indicating the use of cathertic mediciacs;

Mr. A. B., a resident of Romo, in this State, a man of full plethoric habit, strong and powerful constitution, with sufficient sitality to carry bim at least to eightly or simply years. His appetite was good, and be indulged it by generally eating heartily, sometimes to excess. His health was robust, except that he was subject to accustomal violent bilious attacks, attended with colic, marriers, headache, prostration, &c. The alarm which these attacks occasioned, always induced him for a time to be more moderate in the indulgence of his appenite. He was, however, constantly more or less

subject to rush of blood to the head. Thus he went on fir many years, growing more and more plothoric, and the general powers of the system gradually giving way, until about his fiftieth year, when he suffered in apoplectic attack. By good medical attendance, good nursing, and a careful regulation of his diet, a fatal result from this first attack was averted, and he measurably recovered his health, through he remained much enforhled in body and mind; but the persure mon the brain had given an irreturable shock to the nervous system, the circulation of the blood was left daggish, and the digestion slow. In this condition he was called to Albany, by some business which required considerable mental effort; and one cold morning after a hearty breakfast, he walked up to the rapiol, and fell dead, under mucher stroke of apoplexy. Now this was a natural and inevelable result. The system had been for years more or less dogged and obstructed; there were constant as cumulations of waste matter in the bourds, the blood flowed slaggishly, and not being returned fively from the head, proued and sorgested the brain, until apoptexy and paralysis closed the scene, Had there been in this case a full and fully use of proper cathertic medicines, there is every reason to suppose the system would never had fallon into such a condition, and health and life might have been preserved to old age.

Let use aid, that in all cases where there is a tendency to pletters or a full liabit, to rush of blood to the head, to too much flesh, &c., there should be a free use of enthantic medicines, and then, in addition, great sure should be exercised in regard to dies, arolding every excess in dies, and in boilily and mental effort. Yet by as means should indefence be indulged in. Exertion and activity, properly regulated, are actually necessary in such cases, when hy keeping all the great enumetories of the body open—the skin by free bathing, the stomach and howels by such enthantic medicines as I have indicated—the occurrence of apoplexy, determination of blood to the bend, &c., may almost certainly be prevented.

CATHACTICS EX CATARDIE, CONSUMPTION, RIC.

In all those discuses which affect the mucous membrane of my part, it is peculiarly salutary, and o'ren necessary, to penduce discharges from the mucous membrane of some other segan which is

not already affected. Thus in estarch, becombitis, and all threat disence. In estarch affecting the lungs, and becorditis located upon the lungs, in humid asthma, and in all cases of pelmonary consumption, attended with great secretion and large espectocation, it is of visit consequence that we turn the current of secretion and discharge from these segans to the extensive mucous surface of the burels; and persevere in this course from the confiest commencemost of attack mits rollef is obtained, urless distribute is actually present, when, of course, cuthartic medicises cannot be much employed. Cathartic medicines properly employed in the commencement of extern, becautitis, throat affections, mucous discharges from the lungs, and where there is cough, whereing, short beenthing, beaming, lawking, an aching feeling in the chest, cuthartic medicines are peculiarly indicated, especially in fleshy persons, and will he found of vost benefit; sometimes in the early stages of these affections they will cure them entirely if persoveringly employed. It is true that in a vast majority of cases further assistance is regrired, and more and other remedies besides entharties are necessary; but, nevertheless, enthuries should never be omitted unless diarrhora actually takes place. Cuthartie medicines are, it seems to me, indicated from the very fact that in the latter stages of nearly all disence attended with amoun discharges, diarrhon is apt to occur, showing that nature herself institutes this mode of relief for organs that are subject to protracted suffering. The enhance medicines in all these cases should not, of course, be pushed to the extent of greatly weakening the system. I have seen the truth of these remarks verified in many cases, both in the young and old, and in both sexes, but most remarkably so in persons of full habit.

CATHADITIC MUDICINES IN HEART DISEASE.

It has been my experience and lot to treat a great many cases of affections of the heart, commencing with simple irregularity of this organ, through all its states of functional and organic discuse. I have treated numerous cases of enlargement, oscidention, do., other attended with pain and great suffering; also cases of atopics pertoris, rheumatism of the heart, and cases of fat obstructing the action of this organ. In all I have found great assistance from a patient and persevering use of aperient and enthantic medicines. Although the enthartic medicine is not all that is required in most cases, yet we can scarcely hope for a cure unless these medicines are an played so as gently to assist in the evacuation of the contents of the stomach and bowels every day.

In illustration of this I will give one case: -Mr. - is a gentleman about forty-eight yours of age, a hotal-keeper, not particularly consulers, with burdly more than ordinary development of alsomen, and yet he was what was called Audy, square built, large chest, Asser in his movement, and his walk almost a waddle. Any active exercise, such as going to stairs, or my quick manyment, produced a shortness of breath and a poin in his left side, and about the bottom of his brant-bone. The heart was irregular in its action, with shocks of pain striking through it like electricity or a sadden blow, which would be felt throughout the whole system, and cause sudden impression of fear and distress both in mind and body, He enjoyed a good appetite, but indulged it moderately and temperately, and was habitually careful of himself in every respect. Still, from the condition of the heart and circulation, he was daily liable to palsy and apoplexy, and his situation was altogether a dangerous one. About two years ugo he consulted me upon this state of his health, and I prescribed for him. I gave him medicine which should have a specific action on the heart, quieting it and correcting the pulpitation. I then directed the use of eathartic pills, the personation for which will be found in the second part of this work. He has now used these pills every night since I saw him, and he informed me a few days ago, that his health in absolutely perfect, that his heart is relieved in every particular, the pain and falsess of his thest entirely good, and the head, beain, and mind perfectly dest in all respects. He imputed his refer entirely to the remelies I had prescribed.

I never result the use of conductio medicines in heart-discoss. It is well known that during the hours of sleep the action of the beart becomes languid and the circulation quite feeble, especially in eblely, fiesby, or delicate persons. Otherstimes upon awaking in the morning the circulation is roused with difficulty; in many present it connect be excited, and death is the result; hence it is very well known that many dis of heart-discoss on their first wakening in the morning.

Now if the enthantic pills were taken at bedtime, they would have

the effect to become and strengthen the circulation of the blood throughout the system, and giving incremed action to the howels; and this stimulating effect is most salutary and metril, always preventing stagnation or stoppage of the carculation during the hours of skep. It will also carry off the contents of the stourch and bowels, partially, so that the heart is relieved from any motor labor. In enlargement or thickening of the valves, the judicious use of exthantic medicine will reduce the size of the heart, correct the thickmes of the valves, and thus unstrially contribute to the cure of the disease; whilst as a preventive measure, in those who have remon to few an affection of the heart from its being hereditary in the family, or from any other cause, it will be found that the use of calibratic medicines is the best possible means they can employ.

USE OF CATHARTIC MERICINE IN STOMACH COMPLAINTS.

In many cases of dyspepsia and storage complaints, the storage, analys to act upon the food, retains it for a long time, and there it ferments more or law, producing flatulence, belefing of wind, acidity, and all the disagreeable and distressing effects of indigestion. Pulpitation of the heart will often be produced by it; also pain in the storage, chest, back, between the shoulders, and as it were streaming up towards the collar-bones, loss of appetite, minimally errorn appetite, soreness at the pit of the storageh, sinking feeling in the storageh, low spirits, &c.

I here subjoin the remarks of the late Sydney Smith, well known as one of the most observing and witty men of his times. These tenurks routh from matters experience.

"Happiness is not impossible without health, but it is of very difficult attainment. I do not mean by health morely an absence of dangerous complaints, but that the body should be in perfect time, full of vigor and almostly.

"The longer I live the more I am continued that the spotherary is of more importance than Scacca, and that half the unhappiness in the world proceeds from little stoppages, from a dust wholed up, from food passing in the wrong place, from a vexed duodanam, or an agitated pytoms. The deception as practised upon human creatures is curious and entertaining. My friend saps into, he cuts some strong soop. Then a lobster, then some tart, and he dittes these constent varieties with uses. The next day I call upon him. He is going to sell his broke in London and retire into the country. He is shound for his releast drughter's health. His expenses are hearly increasing, and nothing but a timely retreat can save him from rule. All this is the lobster; and whenever excited nature has had time to manage this testaceous incombennee, the daughter recovers. He finences are in good soder, and every rural idea effectually excluded from the mind.

"In the same manner old friendships are destroyed by teasted cheese, and hard solved most has bot to micrite. Unpleasant Seelings of the leads produce correspondent monations in the mirel, and a great seems of wretchedness is sketched out by a morsel of indigestible and misgrided food. Of such infinite consequence to happiness it is to study the body. I have nothing new to say upon the management which the body requires. The common rules are the best; excreise without fatigue; generous living without excess; early rising, and moderation in sleeping. These are the anotherms of old women; but if they are not attended to, happiness becomes so extremely diff. cult that very low persons can actain to it. In this point of view, the care of the body becomes a subject of elevation and importance. A walk in the fields, an hour's less sleep, may remove all those belily executions and disquietudes which any such formidable memies to virtue, and may enable the mind to purous its own poolives without that constant train of temperations to resist, and obstacles to sayscome, which it always experiences from the bad organization of its companion. Johnson mys, every man is a rascal when he is sick; menting, I express, that he has no benevolent dispositions at that period towards his fellow-crossures, but that his notices assume a character of greater affains to his bodily Sellage, and that feeling pain he becomes undevolunt; and if this he true of good discuss, it is true in a loss slegges of the smaller mineras of the body.

"Get up in a morning, walk before breakfast, pass four or free hours in the day in some active employment; then ent and drink over night, lie in had till one or two o'clock, summer away the test of the day in doing nothing; can say two housen beings to more perfectly distinuithe than the same individual under these two different systems of corpored management? And is it not of as great

importance towards imprimes to pay a minute attention to the body as it is to study the crision of Chrysippus and Craster?"

There is great aestences and good sense in what Sidney Smith here says, and there is no doubt but that if all would live in on any respect as they should—esting none but proper food, only so proper hours; sleeping neither too little nor too much; spending a sufficient partion of every day in out-door exercise—physic might be "thrown to the dogs" pretty generally with advantage. Her men will not all live thus. "Lobsters" and "tarts" and "strong soup" will, spite of preaching, continue to "vex the declerate" and "against the pylorus" in that sands who deliberately and knowingly purchase the pleasures of this hour at the expense of torture in the next. Those who do so are certainly foolish, but to convict them of folly will not relieve their pain nor save thou from sickness. It is a kinder act to give them "physic." It is just this class who need eatherties.

In all these instances of ill health I leves before mentioned, the use of carbartic medicines to clear the stomach will be found of almost incalculable benefit. Whether this medicine is in the form of pills or a liquid, it should be of such a composition as to act immediately upon the stomach itself, giving it tone, quickening its powers of digestion, and neutralizing the sold which may be too much generated in it, and which may obstruct its functions.

Where there is much acidity such a cathartic may be much aided by a tenspoorful of hierarbanate of petash dissolved in water, which will be formal to be of great value; or when this cannot be obtained, pearlash or calcratus may be taken to neutralize the soid. Petash, with its preparations, is an alkali which is far more cainable and conguind to the atomich and to the general system than almost any other. Such is, I am aware, more generally used thus petash, but it is not as calcrary nor as beneficial, and if used to a great extent is exceedingly up to injure the stomach, while potash may be used occasionally in small quantities, for years, without injury and nearly always with great benefit. In all cases where persons suspect the presence of too much hile in the stomach, they will find the use of anti-bilious or cathartic medicine extremely beneficial, but they should not, on any account, take mineral or more unit entireties, which are nimest universally prescribed by physicians. They are

of very little if any hencit to dyspepsia, and where there is an excess of bile in the stemach they will wonken that organ, and offen do it great injury. They should never be employed for my length of time in stomach complaints.

CAPITALISTIC SUBSCINES IN LEVER COMPLAINTS.

In all cases of liver complaints, or abstraction of the gall-hara, of retention of bile in the liver, or where the liver is torpid—as in jurisdice of every description—in inflammation of the liver, incases of a approbabilities of bile flowing from the liver, properly prepared enthantic medicines, judiciously employed and administered, will produce the most toppy results, and are nearly absolute caratives. Persons inclined to liver complaints used not four the free and frequent use of enthantic medicines. I would, however, cornectly advise them to be very contison in the use of increasists, for, if long continued or much used, they will of themselves cause disease of the liver. Thousands of persons whilst using more until medicines to relieve the liver are doing the worst thing they can to injury it.

CATHLEING MEDICINES IN BILLIOUS PETER AND LOUR AND PETER.

Whilst on the subject of bilious complaints and liver affections, and the benefit of cuthartic medicines for them, I am led to say a few words men the use of cathertic medicines in bilines fover and ague and fever. They will always be found of great benefit and are all lot indispensable. During the premanatory symptoms of ague and fever, which will often occur several days before the fits come on the patient will derive much benefit from cutingties; they will often throw off or prevent the attacks of the freez. So also after the fits of agae and fever have been broken up, the patient should continue the use of the catharties for at least twentynight days, and this will generally prevent relayer and a recurrence of the disease. It is well known by all persons acquainted with the phenomena of ague and fover, that when the fits have been scopped by the use of quirine or my other proper remedy, the potent will be liable to a retern of them on the seventh, fourteenth, twotayfirst, or twenty-eighth day; and that if he assupes twenty-eight days without an attack, he may calculate that he is safe from the disease for that season.

The reason why the disease occurs at those particular periods, is supposed to be from the person's becoming bilinm; the liver, becoming engarged with hile, deranges the system, and thus beings on fiver. The specific poison which produces the agus and fiver is emposed to accumulate in the system during this period, that the chills are caused by it, and that the fever is an effort to throw it off. In these cases, although the patient should be quite weak, enthurties may be used with tonics and stimulants, and they will produce the very best effects upon the system in marry every cost, and other will prevent related or render the disease, if it does return, very moderate and of short duration. The effects of gentle and properly prepared catharties are equally beneficial in all cases of bilion fero; they contribute vastly to arrest its progress, usually shielding the potion from my dangerous entrequences; and very other they will, if used in the early stages, prevent its taking a typhoid character, and may shock and cure it in its very commencemount.

CARRABLEO MEDICINES BY DEHANDEMENTS OF THE BOWELS.

In all cases of costiveness, slow, slaggish, and weak bowels, in a cold and leastmate state of the bowels, in cases of heat, pain, colic, and forerish state of the bowels, doc, enthantic medicines are entirely indispensable. They should be used to moderate quantities, but still sufficient to make the bowels regular to their action. This may be done with almost absolute certainty and with perfect safety if the right enthantic agents are selected; and the patient need never be come presented or weakened. In shroule diarrhers, mild enthantic medicines are beneficial, even when at the same time we are forced to ampley astringents, and even opinion to check a too great action of the bowels.

In untitative of cases of clusters distribut, some portions of the bounds will become too interies, and their contents remain bound at the sluggish points, becoming hard and acrid, thus producing us originating chronic distributs, and sometimes even elevation of the bounds. In these cases, a little gentle cuthartic medicine may be used with good effect to cleanse the bounds of this through matter, and to equalize their action throughout their whole extent. This is not at all incompatible with the use of astringents and opints; but, of course, entharties must in such cases be used with great contion and diserection, or they will produce mischief instead of benefit. In all mass of piles, however produced, gentle cathortic medicines will be found to give great relief, and should be employed until all vestige of this disease is removed.

CATHABUTE WEIGHTKES IN KIDNEY COMPLAINTS.

I have found eathartic medicines extremely beneficial in all cases of kidney complaints where the union is scanty, high colored, or scalding, or where large quantities of mucus are discharged from the bladder or kidneys, and in cataerth of the bladder. In all three cases I have found eathartic medicines most useful, and, as I may say, independable; for it seems to me facilish to attempt, and indeed impossible, to effect a cure without their use. By opening the bounds, we calculate an artificial discharge for the natural action of the kidneys, and as the same time relayer them from humor, opposion, and congestion; and then, is most instances, a slight additional use of solid discretics will bring them have to a state of health.

In cases where there is too much water, and where there is a constant alternation from too large to too small a sometion of the urine; in cases where it is too highly colored or entirely colories, also in diabetes itself, we shall find suitable outhards medianes of very great benefit:

THE USE OF CATHACHO MEDICINES IN TENALE COMPLAINTS.

In all cases of extention or suppression of the monthly sickness in females, especially when attended by continuous, when macronspasted by sexual distribute, exthurtic medicines are usually of great service, and in many instances will, if judiciously and continuously employed, entirely testore the suppressed function to a natural and healthy condition. In cases of leasorphase, or female weakness, accompanied by slow bowels, great heacht will be derived by the use of these medicines if persevered in; and if not given in such quantation as to depress the strength, will oftentimes effect a sure. In compession of the weath, in swelling, entargement, or hardness of that organ, in almost every possible form of its discuss, and in every case of fooding, enthantic medicines will be found of the grantest service; they may be used freely or moderately, according to the strength of the potions. They should not be employed so us to prethree of themselves much prestration of the system; but it is much bester to have the system prestrated by the me-of cathartic medieares, thus drawing the discharges from the womb to the bowels, than to have them prestrated by Meeting from the womb itself.

The above remarks I mean to apply as well to those cases of bleeding from the womb which are supposed to be cancerous, accurring in females immediately after the natural constitut of the memors, as in avery other case of flooding or accessive memorical discharges, occurring more or less periodically. In youngerly laides, either married or single, it will be found that a judicious and proper use of enthantic medicines persevered in for some time, will assist greatly in producing a sure, and their use should not be omitted.

PAINFUL MENSIFICATION.

In all once of painful measuration, which may senetimes become very terrible, weakening the patient, and greatly prostoning the powers of life, moderate enthantic medicines are often of very great bracks, especially if the patient is troubled with continuous,

THE OF CATHARTIC MEDICINES IN TREGNANCY,

Perguant females are, in a vast majority of cases, liable to become more or less costive—great slaggislmoss of the bowels taking place many times; and they are also upt to be troubled with callo pains in the bowels and more or less flatalence. In all such cases gentle cathartic medicines are of very great benefit; they contribute exceedingly to present miscouringes, and to allay all the sufferings incident to that state, and to prepare the way for a free and sale delivery of the child at its full term.

USE OF CATHARDIC MINICISMS BY COOCHSTION.

In every case of composition in any portion of the human body, whether occurring externally or internally, saluable culturals medicine will contribute very much towards relieving it and inducing health.

CATHACTIC MUICCINES IN SCHOPULA.

In every form of king's coil, or where there is a manifest tendency to it, cuthurtic medicines, if of a proper kind and properly employed, become almost positive curatives, hardly requiring, in many cases, any other remody whatsoever,

SALT-RESERVE, SCALT LEPSIONT, MYC.

In all of these cases, without exception, a moderate use of the proper kinds of enthantics will contribute greatly to their care, and they should be continued as long as the putient is afflicted with those external complaints.

FOR CARRESTERS, BOILS, ETC.,

Cathartic medicines are eminently valuable, and cannot be dispensed with with safety. In the early stages they will ekeck the foreation and development of the buils and carbancies, and will purify the blood much better than the crisis of boils; for it is far better to rid the system of imporities by the aid of catharties than by the critical development of boils and carbancies.

CATHABITICS IN REDUCEATION.

There can hardly be mentioned a discuss where catharties can be more useful than in rheumation. Rhemostion arises from poleon in the blood, affecting either the whole system or particular parts of it, and a faithful, posient use of enthartic medicines will carry off the poison with very little assistance from other remodies. Their ma will always prevent the rheumation passing from one part to another, and from settling upon the lungs, eternors, and heart. The same remarks apply to all cases of neuralgin, whose cathartic medicines may be used with most excellent effect, and should never be critical.

CATHLETICS IN COUR.

This is now a disease rarely occurring in this country, and yet fifty years ago it was very common, particularly among the gratty and easy classes. Where it does now occur there is no possible remely superior to that of cathurtic medicines to draw forth from the sytem the poison by which the grat is produced. I feel fully persitded, from long experience and observation, that a moderate use of enthartic medicines will entirely rid the system of goes in all eases where they are used continuously and for a long time.

DR OF CATHALTIC MEDICINES AFTER THE SUFFRIENDS OF ADSPEDING OR DF CRITICAL DISCREDUES.

Many persons lose their lives by the aeridental or artificial suppression of critical disclorges. These discharges may be from the ear, from the legs, or from any other parts of the body, and may lave been long-continued running-sures. Some persons have chronic emptions and skin diseases, which raddenly disappear and recode men some of the internal organs, perhaps to the brain, perhaps to the heart, often to the lungs, and sometimes to the stannish or bowels. Now is all these cases extlustic medicines are of infinite value, for they make an artificial vent or outlet for the impure or poisoneus matter which by the supercosion has determined to these organs, Physicians often in these cases employ sintments, particularly on old acres and eraptions, by which they are not unfrequently suddenly -Brief up; leading in some cases to the most disastrous consequences. I have often known injudicious applications made to piles of long stapling, suddenly suggesting them, and causing apoplexy in ellerly persons, and other must serious internal diseases. Dropsy in others will often result from this suppression. Now while closing such issues, we should not wait for any dangerous remorpoores to the velon themselves, but should commence using daily gentle culturtio medicines so as to produce full exacustions, continuing them for a long time, until the system is fully relieved from the accessity and habit of having issues of any description. I munot speak too highly in faror of the use of culturatic medicines in these cases; they, in fact, constitute almost life averencers.

CATHARRICS FOR SALLOW COMPLEXION, PENPERS, SPOTS, EUG., OR BUE FACE.

In all cases of sallowness of the complexion, red blotches, emptions, redness of the face, heat and fever, house, pimples, beaten spots, &c., and amonging Manufales on the face, which are very common, not unfrequently making the most terrible ravages, especially with fermile beauty, and extinguishing its best hopes and premises, enthar-

tic medicians will usually be found most efficient in removing them; and their use should be continued until the complexion is clear. I have always found in treating these cases that enthantes were of the greatest value, both as presentives of such a state and as sumiless after it has taken place, as also presenting a recurrence of it after a case has been effected. Other medicines may be necessary, but opening medicines are most useful, even if the bowels are perfectly regular.

CATHLERING MUDICINES FOR DEPURITY OF THE SECOND.

Very many persons are fully conscious of having imparity of the blood. In some a slight would will not heal as it will in healthy persons—a scratch becomes a sere. In others, a little friction or rubbing develops crysipelies: if they take cold, it will show uself in an attack of crysipelies, or other form of sores or skin discuss; as it in a great variety of ways they have learned that their blood is impare. They observe these effects must in the spring and full, the chargeable sensors of the year. Such persons will find a judicious use of cathartic modifines to be of great benefit, and often sufficient to care or prevent any of the laid effects which may result from an impure state of the blood.

REPORT OF CATHABITIC MEDICINES BY SHESTLY, OR TOO MINN PAR.

They long since concluded that the excessive development of the fatty tissues, or secretions of fat in the human system, arises from humar in the blood. I have had occusion to notice this in many instances, and that often in families, one or more of whose members would become very fleshy, and another would develop various forms of scrafish and skin diseases or couptions, &c. In these cases the fleshy ones would remain in tolerable health for some years, and finally die of apoplexy, dropsy, disease of the heart, liver, or some other internal disease. I have no doubt that in some persons high firing and indolence will produce corpulency, but in others it will not have this effect, and all that one he dense will not induce a fleshy state. But there are those who become commonally fat, and yet have not a great appetite, and are often temperate enters; so also I have noticed that in many cases the children of very fat persons will incline to consumption, dropsy, liver complaints, or skin

distance. Three facts lend me to the conclusion that a tendency to excessive fatness or obesity is caused by humor.

Now excessive fitness can always be prevented, and usually even after persons have become very stout, they can be perfectly relieved of this superabundant lead of fat. The remedy is in the judicious use of exthattic medicines; not such a use as will produce great prostration, but as will reduce gradually the weight of the system. If a person has a weight even from one to two bindred persols more than is natural to him, he may employ such means as will reduce the weight, and among those rone are more efficient, certain, and sufe in their effects than properly propased exthattic medicines. There should at the same time be employed a moderate dist, with but little fat food, taking brisk exercise daily. In this way they may reduce their weight one or two concess per day, and in the course of one or two years they will have diminished their weight in much as they desire, without causing any injury to the system winterer.

Physicians will find this worthy of their consideration, as cross will office come under their observation of unantural or incorrectant developments of fat.

CATHARDOS AFTER A DAMACOR, AND AFTER SURFERIS FROM EATING, DOUNKING, ETC.

Those are many persons who, from norident or careleonese, find that they have enten too much, or have taken find that disagrees with about, which threatens to produce section effects; such as sudden attacks of headache, fever, inflammations, disturbance of the heart or howels, polyitation of the heart, congestion of the tenin, &c. In such cases the immediate and prompt employment of a catharite will be of immeme heavilt, and usually will prevent the constructe of any disease and the production of any mischief by the surfeit. I have known excessive and terrible inflammation of the howels to result from enting food that disagreed with the patient. Dynamery will often arise from it. In the summeration we have to bring on this disease if it is at all prevalent. Sometimes young children may cut indigestible field, by which spasms are produced and often death. Touce know a heavailed child to die in convalsions

produced from eating a green angle. Now in every instance of this kird, if the error is discovered immediately after the injurious food is outer, a mild emeric is the proper remedy to be given immediabove. But if an hour or more has clapsed, the prompt use of mitable esthirtic medicine, to remove the find before my had comequency is diveloped, is metally all that will be required, stel the speten will be relieved without any trouble whatever. Even where an emetic has couplied the stomach, a gentle enfantic should be given to sweep from the bawels are residue of the crude food that may and have been thrown from the storage. I cannot impress too strongly those suggestions, nor exaggerate their importance. Every physican and every individual capable of thinking and acting for himself should be aware of the value of cutharties in such cases as these, and then be prepared to prevent fittal disease and save many valuable lives, which are so often sacrificed from improduce in the quantity, quality, and condition of the food cuten.

THE OF CATHACTIC MEDICANES IN ASSAULD CHOLERA,

When this terrible disease is spidemic, or occurring to any considemble extent, experience proves that almost any description of food that offends the storoich and disagrees with the bowels will bring on an attack. For example, I have known four young men to loss their lives by enting a direct of clams when cholers was prevalent; 4461 have known a young, healthy, robust butcher in this city less his life by enting spole-damplings in choices time. The effect of all kinds of ruripe fruit and all improper regetables is well known to physic ciam and every person who has witnessed them when cholera has been prevalent. In all those error I believe that the use of witable cathartic medicine, taken immediately after eating, or at the earliest period, when any bad effects are apprehended from food that may have been taken, will be of the greatest benefit. When the cholera prevailed here in 1854, a young girl residing in Thirty-first street procured a green apple from an apple-stand in the street and ale it The following night she was taken with symptoms of cholers-were iting and purging. In the assening she walked out and not in the street an acquaintance, a young girl, who expressed alarm at weng her look so ill, and asked her the reason, when she acknowledged having eaten the apple, mying she feared to tell her family of it. The

young gol took her immediately to her mother, an energetic roman, who at once gave her four of my entlurtic pills, told her to go home, go to hed and get warm, which she did; but an alaem was soon raised in the house that she had the choices. A physician was called, who protounced it a hopeless case. Her foot and legs, almost to her body, became of a dark shae-color, and the medical attendant said she could not live more than one hand; but non-the pills, stimulating the stomach and howels, produced a general exacuation, so as to relieve the system entirely from the presence of the green apple. As soon as the pills began to control the howels, the cholern influence was shated, and the influence of the pills superseding it, the offending contents of the stomach and howels were removed. In four or fee hours she entirely recovered from the damperous strack.

I have no doubt but that in a vast number of cases Asiatic cholera itself may be cured by similar treatment, and by suitable cholera remedies at the sures time.

I throw out these suggestions upon chalars because I believe them worthy of consideration, without, however, insisting that they will in all cases prove correct, but I believe they often are; and that the officiency of the usual chalars remedies would often be much increased if suitable contentic medicines were employed with them, especially when improper food has been taken,

EMPLOYMENT OF CATHADIS: MERCHINES IN COMMON COLDS, EXPLI-ENDA, 800.

When may one finds himself attacked, more or less violently, by a cold, or when influenza provails and on attack of it is experienced, the prompt use of cathactic medicines will be found of great benefit, mostly removing the cold, and thereby proventing the long list of diseases which have their origin in suppressed perspiration.

DIST WHILE TRING CATHABITICS.

The system carnot be maintained in a state of strongth and vigor without sefficient neurishment; and in all electrostances, whether of health or chronic disease, sufficient food should be taken to fully supply the current waste of the body. It is a premiting error that while "physic" is being used the person should always "diet;" by which is meant be should for the time being take less food than his system requires. This may be true in some acute or inflammatory discuss, where the design is to deplete or reduce the patient. But it is not true in chronic disorders—in those various conditions for which I have reconstructed cathartic medicines. In most cases a firl, graction dist may be enjoyed at the same time cathartic remotion are efficiently employed. This is a general rule. Of course there may be occasional exceptions; and there are conditions, as in cases of certain homes and poisson in the blood, where we may accomplish much by a proper selection of food. So we would withhold from very fleshy persons oily and carbonaccous food, by which the amount of fat may be increased. Indeed, care in the selection of food should be observed in all cases; always adapting the diet to the peculiar condition and discuss of the potient.

There can be no doubt but that, in different constitutions, different temperaments, different conditions of the viral forces, and different temperaments, different discuses, great benefit may be derived from eating food that supplies any deficiency, or that tends to correct any redundancy of any constituent in the system. Thus is hot elements there is no need of enting food of a fat-producing nature. Hence we find the natives of these elements subsisting upon fruits, vegetables, farinaceous food, enting very little if any ment, and that of the lean or game exciseive. If they cut fat ment, such as pock, to any great extent, it deranges their systems, it is impulatable and microgenial to their natural appetites, and is often ejected from the stemach. If indulged in to much extent, it is found to probbe generally diseases of the skin.

Positive and leprosy are supposed to be produced in the island of Cuba by enting the flesh of mangy swine.

Some individuals require the alcohol-producing food; some the food that produces fit; others that which produces flesh; others to quire etimulants and heat-producing food. It would require a very extended space, much more than I have time to employ, to character all the different subjects connected with fact; but it is sufficient to observe that all persons should study the effects of various kinds of food upon their constraints—have such affects their health, strength, and personal comfort, and avoid such is produce short breathing, drowsiness, nervousness, sleeplessness, or pain. Sederivary

persons, whose occupations do not permit exercise in the open sir, require light food, perfectly cooked, and such as is conty digested, to be taken mently in the early part of the day; that is, the suggest should be by tar the lightest mesi of the day. Those who are much in the open air, and have much labor and exercise, can our richerfood and indulge in later hours. The fairly out-foor laboner, who pursus his strength-requiring and strength-exhausting occupations, must have a hearty, plain food, to be taken at intervals of about five ce six bours, and of such quality and mode of cooking as will remain long upon the stomach; such as cabbage, beans, salted pork and beef, marse bread, &c. It is food of this kind that the laboring man requies, while his drinty neighbor, who is a lawyer, clergyman, student, tailor, or shoemaker, may out his well-prepared soop, his dainty dowerts, and deficately prepared regetables; such as the mesly potate, the coalifower, and mashed tumps, -food that is easily digested and remains but a short time upon the storack. These remarks of course apply to invalids of all descriptions. They should never throw away their own experience for the advice of the wisest and most learned upon the subject of food and drink. It is very rare that two persons are found to agree upon the subject of fool, because each forms his opinions from his own experience, and that experience differs in all more or less. Hence each individual's experience is his own best guide.

As a general principle, invalids should always out that which agrees with them best, and the greater the variety the better. Avoid as much as possible confining the diet to two or three kinds of food. Wholesome carelessness on this subject is fully excusable, and far better than special courties and timidity.

DIET FOR CHILDREN.

The diet of children should be simple and pure, and of the best kind. No highly sensoned food, so pastry, no confectionery, no spatied or stale food, and no stimulants, should ever be given to them. Children should out solls, and food proposed from it, such as simple puddings, "hasty pudding," consent pudding, &c. Fruit is very stell for children,—apples in the winter; peaches, pears, stravberries, &c., in their senson; but in hot weather they should not of these sparingly, for thousands of children day ansurally in the hot weather from eating crude vegetables or excessive quantities of fruit.

I leave this whole subject of diet to the combleration of the reader, He will find it most profitable to himself, and advantageous to his health and strength, to become thoroughly acquainted with the peculiarities of his constitution.

SOME GENERAL BIOGRAPHS THOU THE IMPORTANCE AND NATURE OF CAPITALITIES—PACTS SALESTERATING THEIR DEFICIENCY.

So important does this subject of extinctic medicines agreen some, so far-reaching and beneficial are the effects of this class of remedicaso porcerful as proregatives, so efficient as curatives, and, when properly used, so capable of lasting benefit-that I feel I cannot impress too deeply on the reader the suggestions I have made. I am aware that there are many who disappropried their use to the extent I have here recommended; indeed, there are some who reject them also gether. It is a very common upinion even unrong physicisms, that eathartic medicines cannot be employed for my considerable length of time without weakening the bowels and prostrating the systemthat after a short time the system becomes insensible to their inpression, and that thus even obstinate costiveness will be produced. This comion grows out of the effects ordinarily witnessed of the catherties commonly employed, being the crade, high, drastic draws directly from the spotherary, and almost always some single cuthartic agent, such as aloes, sults, custor-oil, coloned, gambogs, colorysti, &c., which act only upon some one portion of the nimentary coul, leaving all the other parts anafected; thus making it necessary, in order to produce a cathania, to take enough to violently and injuriously excite and stimulate the part on which the force of the remedy is expended. Of this character are also very many of what are called "patent medicines." Now, Leonfess that if it were not possible to prepare entharties that should not have this effect, the opinion above alluded to would be well founded; and we should be obliged to conclude that the less both physicians and parients had to do with exthartic medicines of my kind, the better. But, furtunately, we are not compelled to use any such remedies. It is quite possible to compound and prepare a culturate medicine, by untag together several elements, each acting on different portions of the allmentary canal, which will cause a full cuthersis, without any injurious stimulation of any part of the stomach or bowels. In such a compound, no one element being in sufficient quantity to produce more than a mild and gentle effect on the part to which it has a specific tendency; but the combined effect of all the elements of such a compound, each acting thus gently upon separate portions of the alimentary canal, being to produce a full, first, agreeable, efficient expensation, without masses, or pain, or massiness, or prostration, or injury. Such a enthuring may be used any length of time by all closes and all ages, from the infant at its mother's breast to the accord and foshlost childhood of old age, with entire safety and with positive and continued benefit. Such a confurtio never loses its effect upon the system, and never causes confirences, or in any way aggravates the difficulty it is intended to remedy.

From the confidence with which I speak of the effect of properly prepared conforties, it will be naturally inferred that I have succeeded in compounding remedies of the character described, and that I draw my conclusions from my own observations of their use. It is true that I have done so. I have prepared them in both the form of pills and a fluid; and I have considered I was only discharging a daty in pincing them as I have done within the reach of all, and sumsetly recommending their use. They will be found in most of the drag and upothecury stores in the country. The former are known as my "Vegetable Cathartic Pills," and the latter as my "Antibilious Mixture." In the second part of this work will be found the formula and descriptions of these medicines. I have employed them for many years, and from the beneficial effects I have known to follow their use, I speak with confidence of their very great value.

EXAMPLES ILLUSTRATING WHAT HAS REEN SAID.

I will give two on three cases in excupitionism of what I have hitherto said.

Mr. A —— was a gentleman who inherited from his family a fine constitution, and always sujected most excellent health; but in the latter years of his life he gradually increased in flesh, became heavy and slow in his movements, and would have stort and whereing breathing upon any annual exercise. He had a good appetite, and fixed in the country, where he had both in-door and out-door exercise. His bowels were usually regular, but at length became sing-gish, with quite a protuberance of abdouses. Yet he was very temperate in all his habits, regular in his meab, positived to dissipation whatever, and was an excellent hashand and father. After many years, not being pressed by the duties of his profession, he became rather indulent; and in the tiffy-second year of his age, having became quite fleshy, after an illness of three or four weeks, sublenly fixed of disease of the heart.

His eldest ion consulted me many years ago upon the subject of his father's illness, and upon the state of his own health. He said he was subject at times to pain in his left breast, also to dyspoptic symptoms and slow bosrels. This state of things with him had commenced at a much earlier period than with his father. The father when attacked with these difficulties, was about thirty-free years of age, whilst the son was only twenty-tere. My recommendations are procisely the same as I have laid down upon heart disease and cathortic medicines. In addition to this disposition to heart disease, the arm was strongly inclined to pulmonary consumption, as his mother had died of that disease and several very near relatives. This gentleman had now been employing culturtic medicines regularly for the last. twenty dee years; and although many years older at this time than was his father at his death, he is still in the enjoyment of excellent health and the active parasit of his profession. He has tald me that in time years, I think it is, he less not been absent from his office on account of indisposition three days; and although often threatened by attacks of long and beart discose, and sometimes fearing their effects, and low-spirited on that account, yet still the employment of the cathertic medicines, taken every night at boltime, has kept him in excellent health. This course of treatment seems to progrise him a continuance of life for many years. He was once brought to death's door by using some popular patent pills, which, though they sound to operate very well upon the bowels, produced month matery evacuations, leaving hard lumps to accumulate in the bowels. Fit naily he was taken sick, and was nearly festroyed by the action of this melicine; but under my directions, and using suitable enthartie mellisines, recovered, and ever since has enjoyed most excellent health. The enthurtic medicines which be employs do not is the

least lose their effect, always efficiently and never injuriously affecting the system.

I will state mother case.

Mr. B- is a physician of my acquaintimer-a very degan man of about thirty-fire years of age, inclining to corpelence of person ; of rosy cheeks, clear complexion, brown hair, straight, erect figure, yet of considerable development of abdomes. He is troubled with a flatale in one, and has several times been attacked with scrolldons sores and disposition to the formation of abscesses, and discharges of pas from different parts of the system. His bowels incline to be slow. In this case, had the fistula been cured by any operation or application, and no other discharge from the system substituted, the consequences might have been fatal. The remedy recommended in this case was the free and constant use of gentle and efficient enthantic molicines, which would move the lowels every day, to be taken every night, so that they would operate every merning, that they might not weary the patient through the day. He was to bathe in cold water, and employ friction over his person, allowing himself a full and generous diet of any kind of food that agreed with him, employing the cathartic pills regularly, thus keeping the stomach and battels free from accumulations or obstructions, reducing corpoleney, purifying the blood, obvisting the disposition to abscesses, do. By this treatment he was gradually conducted back to bealth. The fistala, after a few weeks, did not give him any treable, and required only some simple application to cure it. In all cases where the abdomen is fully developed, I advise, with the use of the esthettic medfeines, the abdominal supporter, unless the persons are very short indeed. In the case of Mr. B, a course opposite to the one I directed, would no doubt have occasioned the early accession of serious disease and premature death.

Before concluding my observations on enthartic medianes, allow use to my, that there are, of course, individuals who do not require the continued or frequent use of catharties. I do not advise their use where there is no necessity for them. I am no county to unaccessary "dosing." When a person is in good braith; when all the functions of the body are carried forward with regularity and order; when the laws which govern the system in rotation to exercise, rest, sleep, building, clothing, &c., see iniformly obeyed; and where the system has not been improgramed, herediturily or otherwise, by humor, poison, or the taint of discuse, there will be no accessity to resort either to entharties or my other medicine. So also, as I have before intimated, there are conditions of the person even in discuse in which entharties cannot be employed to any considerable extent; in some discuses net at all. Let me say further, that I am aware enthartic medicines may be abused and used to the positive injury of the person employing them. They may be taken in too large quantities and of too harsh soft drastic a kind; and they may be relied on to the exclusion of other and necessary remedics—such as are absolutely required from the nature of the discrete present. In the use and selection of enthartics, as in that of all other remedies, it is necessary to exercise good sense, sound independent, and a wise discretion.

CHAPTER XXXL

THE LAWS OF LIFE, AND MEANS OF PROMOTING LONGEVITY.

Is my Six Lectures an Communition, I have descit at some length upon the laws of the and those rules and principles which, when followed, lead to longevity. The importance of this subject, the interest felt in it by nearly every human being, the desire to prolong life, and the dread of death—of the undiscovered country beyond the gravo—so deeply impressed upon us all, induces me here to renew it. He who shrinks not from the approach of the "king of terrors" unnit be either deeply brutalized on the one hand, or highly spiritualized on the other. The first condition is exhibited in the pirate's brutal, inscendible centerage of life; and the initiar in the triumph of the marttyr, who sings hallelujals while the fire encircles his body, and his spirit escapes and the crackling flames. But between these two extremes stand about the entire luman race. We must all, therefore, be deeply interested to know how we may ward off the fatal shaft, secure health, and prolong life.

The boson body, whether regarded with reference to the perfection of its organization and life-forces, the harmonious relation in which it is placed with the surrounding elements and forces of nature, or the mission and desting of the homertal tenant inhabiting it, was evidently designed for a healthy, pleasurable, and protracted existence here. It is true that this life was not intended to be without a termination—that we cannot live always—that there are laws impressed upon the tody that must of themselves, at some fixed period, terminate its life and dissolve it into its original elements. But it is as true that there are other laws which, if not interrupted or violated, will certainly unfold its life, healthfully and harmoniously, to full maturity, and then conduct it gradually down its decline to ultimate dissolution, in adranced old age, without discuss, desargement, or pain. Death, except from old age, is always the result of a violation of these laws; and those have are violated either by accidental violence or through
the operation of causes and influences which timely care and proper
remedies might obvinte or counteract. In saying this I are aware
I are only associating a faciliar truth—one consciously or unconsciously held by every one. When a death occurs, except from old
age, the impriry at once is, "What did is die of?" We ask for the
cause—what out about the sorterof term of life. We all instinctively
feel than it is not mature's work—that sensething has intervened to
theware and defend nature. It is undoubsedly true that both the average duration and the small extreme limit of life—what is called old
age—are very much less than they would be if the very obvious
laws of our physical being were not habitually and growly visited
by us all. How important, then, that we should know what these
laws are, that we may better obey them?

On commution of the body after death, we discover, as well from a general survey of the whole, as from a close and servicining discotion and analysis of its various parts, that it is a resolutional structure—a needstar. To be sure, we see it at reat, and no look in rain for the forces that have moved it;—they have fled. The heart that once bout, and the brain that once sibrated, are still and dient; the chords of the nervous system on which once coursed the lightning of the will and the electricity of sensation, eibrate no longer; the electric circuits are broken, and the vital forces have crused to traverse their accustanced courses, or to animate the various organs to their wanted functions. It lies before as instinuate matter; but still a miracle of mechanism, as wonderful in its complication as it is expansite in its perfection—the numeropiese of Divine ingenuity and skill.

Now, this werelevial machine, as I have said, has improved upon it cortain have which presided at its inception and advent, which controlled its life and all life's phenomena, and which handed it over to the embrace of death. Upon those only, however, which are concerned in the preservation of health and the prolongation of life, do I propose to speak, as being the only ones coming within the design of this work.

THE GREAT PROCESSES OF ANDIAL LIPS.

All the processes of animal life resolve themselves into three great choose. (1st.) Those which pertain to the matrition or affine atotics of the bady—the reception and organic construction into the system of the elements of which it consists. (2d.) The colorification of the body, or those functions by which it is supplied with heat. (2d.) The elimination, and exercises or easting out, of the non-alimentary and non-out or dead matter—the matter received in the food which is not nutritious, and therefore not capable of being built up into the body, and also that which, having lived its life and exhausted its vitality as a part of the living organization, has died, and is of no flother use in the system. To accomplish these principal processes, there are is operation, of course, a great multiplicity and variety of organs and finetions; but they are all, when there is a state of health, harmoniously working together to secure these great results. Let us consider,

(L) The process of administration or matricism.—By matricism I mean the whole series of operations by which the administ of the food is introduced into the system and converted into organized tissue. The demand for a constant supply of natriment in the system of the adult, is created by the constant process of death, degeneration, or decay of the elements of the system, continually taking place in tearly every portion of it. Each elementary particle of the healy has an independent life of its own; and this life in nearly all parts is exceedingly brief—its duration being in inverse ratio to its activity. It lives its brief life, accomplishes its mission, and then dies, and is married out of the body; and as fast as the elementary particles thus die and are removed, there is received from the blood a new supply to take their places. We are thus unlargeourg constant change—the processes of decay and repeatures being continually in active operation.

Preparatory to, and in the accomplishment of this process of nutrition, we find employed many important organs—the mosticatory apparatus, the stomach, the liver, the bowels, the large, the blood-reason, the nerves, the absorbents, numerous glands, &c. We obtain our nutrition from our food and drink. We masticate it and deposit it in the stomach, and lare our conscions supervision and voluntary control over it ceases. We may exercise our trate, judgment, and skill in the selection, preparation, mustication, and the time of receiving our food; but beyond this we can exert to direct voluntary agency in the process of nutrition. I say no direct agency; but a very important indirect agency we may voluntarily exert, as we shall presently see.

The first requisits, then, to perfect nutrition, is an onlequate angely

of food and deisk, containing properly prepared, and in proper proportions, those elements which go to make up the body. We have a wide range from which to select this food-from both the mirral and regetable kingdoms-for from his organization as well as his tastes, there is no doubt that man is an oundworous unimal, and was designed to eat both animal and regetable food. When we are in a state of complete health and our tastes are appeared; our appetites and desires are negally safe guides as to the kinds and quantity of allment we require. They are not, however, infallible guides, as even the superverted polate may solicit merely for gratification that which is injurious. Our instincts are not us perfect us these of the brutes, and reason has been given us to guide us where they fail. The bealthy mm, however, guided by appetite moder the control of remon, lim moully no difficulty in selecting his food properly, and in rightly adapting its quantity and the time of taking it, to his wants. If he erre to his injury, it is because he gives the rains to his appetite, dieragards his reman, and cuts simply for unireal gratification. There are articles that may tempt the appetite which are always injurioussuch as violent stimulants or tarcottes, alcohol, tobacco, strong coffee, highly spiced fixed, much pepper, montrell, vinegar, and the like condiments. These undoubtedly always have an injurious tendency; although a healthy, strong organization may for a long time resist the tendency without any very perceptible home. If perfect alimentation is desired or aimed at, these must be usuided.

The next requisite to perfect autrition, is complete and thorough manufaction of the food. As we have seen in the chapter on Indipention, this is rescattal to rapid and easy solution of the food in the storach. And let me here remark, that it is a matter to which for too little attention is generally paid, especially among our own prople. There is probably no obvideof race, at least, so given to holize their food half masticated, as the Americans. There are thousands who, continually under the whip and spar in the keen pursuit of gain or something clae—the mone "go-shead" written on every line of their faces—seem to regard all the time sport in enting as so much feat time; they spare it gradgingly, and cut it as short as possible, goldsing up their meals in a few hasty mouthfule, and swallowing it half cheered. Then they wooder that men of such active labels have the dyspepsia! Let it be remembered that it is a rade—a fore—of healthy almontation, which can be visited

only at our peril, alian our fixed must be theroughly and completely mentioned.

CONDITIONS NUCESSARY TO PERFECT SUTHIFICS.

When we have smallowed our field, our direct agency is its digestion and appropriation, as I have before said, ceases. But we may indirectly premote or retard these processes. They depend for their perfections upon conditions to which we may contribute and which we may defeat.

One of these conditions is action. The human system was not made for absolute rest. Mution-action, exercise-is a law of its eature. It cannot live a healthy life without it. If the body is kept too much at rest, if the muscles do not have their proper play, and the whole frame its needed exercise, all the functions suffer, and none more readily or severely than that of digestion. We find the greatest number of dyspepties among sedintary people-those who take but little exercise and spend their time in-deces. It cannot be too often repeated that, as a general rule, the food will not perfectly digest for any considerable length of time where there is a depeiration of active daily exercise. Still, the activity of the body may be curried too far, and indigestion and imperfect anteriton induced by fitigue and prostration of the general strength. The system will bear, it is true, a temporary and occasional strain of this kind without perceptible injury; but exhausting labor, exertion, or excesses of my kind, if long continued, will certainly impair the vigor of its firstions, and defective natrition will be the convequence. Over all these conditions are may exercise control.

While it is a law of our nature that action—exercise—properly regulated, is essential to healthy natrition, it is equally a law that we must have reat. We can endure continuous action of either mind or body only a few hours, when we demand used in sleep to restore our exhausted virility; and this should be taken at regular intervals, at stated periods, and for a proper length of time at each period of repose. If we indulge in liabits of irregularity in regard to skep; if we take too little or too much; or one sight go to bed at runs or ten o'clock, and the next six up until towards intraling—making this irregularity liabitual—the whole system will assuredly suffer, and especially the processes of digestion and natrition.

Another condition of perfect nutrition is a full and constant sep-

ply and use of jure atmospheric air. After the nutrinest of the foed is conveyed into the blood, it is sent to the langs, where it receives the vitalizing influence of the oxygen of the air, without which it is unlit for use in the system, and inemphile of being converted into organized tissue, or nourishing the body. If there is defertive sendration or an impliciont supply of pure pir; if the chest and lungs are contracted or disprepartionately small, or their capacity and power diminished by discuse, the blood is not negated, nor the nutritions elements it contains vitalized. To the extent that there is failure in this respect, will these elements be unprepared for the nourishment of the body, and autrition be defective. The lungs, therefore, play an important part in outrition; and the condition of these organs. so well no a supply of air for them, is mensurably schiect to our ourtrol. We may, by making suitable efforts to do so, have an erect figure, a large, well-developed chest, and fully expanded large, and we may accustom ourselves to the habit of deep, copious breathing. We may also totally avoid beenthing a vitiated air, by attention to the ventilation of our houses, shops, offices, &c. If there is alloose of the imps, the danger to life from this source alone will of councinduce us to make all possible effort to remove it.

Asother condition of perfect nutrition is the prompt and complete reserved from the system of all waste and effete matter. This involves a most important series of functions, which, taken together, curstitute, as I have before stated, one principal class of the great processes of minal life. The phenomena connected with it I shall speak of hereafter. I roke to it now only as related to notedlist. If the system is leaded with waste or dead nextee, the excelution of the blood is impeded, and the organs of secretion and exception, and all the arrange by which antriment is conveyed to the various parts of the body, become elogged. It is essential, therefore, that the great enunctories-the skin, bowds, lungs, liver, &c .- should fully discharge their several functions. And here, use, are can easit a voluntary agency. The state of these organs is very much under our control, particularly the principal ones-the skin and housis. By bothing, abbitions, frictions, &c., we can keep the skin clean and free from the *debris* of perspiration and other imperities, so that the entureous exhibitions shall be free and unimpoded; and by mitable aperiouts, if they are at any time necessary, we may maintain the bowels in a state of proper vigor and activity.

Another condition of purfect tratrition is an Australity equality and pleasant from of mind. All violent emotions arrest or disturb digestion; and this is especially true of anger, grief, despair, harrest, preenge, inordinate ambition, and other baleful passions. If they are indulged in habitaally, they are certain to impair notrition and engender disease. A happy, contented, cheerful, lopeful, smay spirit, we all expect to me compled with very health and elastic strength and sigor. There is a world of truth in the old adags, "Lungh and grow fur." All long-lived people are remarkable for their calus, cheerful dispositions. They are these who "take the world easy ?" not, however, in the sense that they are possite, listless, or lethargir. But while active and interested in the affairs of life, they do not permitthemselves to be weighed down by its burdens, worried by its perpleasities, or unduly clated by its pleasures. They schmit putiently to the crosses and disappointments they cannot escape, and bear without excessive irritation the wrongs and itls which they cannot avoid, Their sky, even when clouded, is to them bright with hepo-there is a sun behind the clouds. They have a conscience void of officare towards God, and smooth their own road through life by their kindlines and good-will to their fellow-men. Such a spirit as this is emineutly promotive of boilily health; without it the matrition of the body carnet be perfect; and if autrition is imperfect, life will be shortened, oven if positive disease is not engendered.

But while it is true that a color, bright, and cheerful spirit is promotive of healthy nutrition, it should not be forgotten that a slethful, indifferent, inactive, listless, purposeless lobit of mind is unfriendly to the highest development of hodily vigor and health. Through that salitle and mysterious connection existing between the mind and the body, the condition of our material organization is at all times powerfully influenced by our mental state. A strong will, labitually in exercise, a labit of resolute purpose, and a medicate, not excessive, degree of mental activity, we often find to endow even a comparatively feelile leady with remarkable powers of endurance. We generally observe that the commanders of difficult expeditions, and all who assume or have cast upon them great responsibilities in critical emergencies, will endure more hardship, and bear a greater draft upon their strength and endurance, and for a greater length of thus, than their subordinates, however comparatively physically find they may in reality be. The immerted Dr. Kane, in his inte voyage of search for Sir John Franklin, though a small, slight man, here up avoid the terrible exposures, fittigues, and privations of that wonderful expolition, sharing more than an equal part of all, while the hardy, robust men about him suck down and died. Handreds of sharine instances might be sized. Our mental condition has much to do, then, with one health and the domnion of our lives; and this is very much in our own control.

But without dwelling at greater length upon nutrition and the necessary conditions of its perfect exercise, I will pass to the other two great classes of functions which permit to the phenomens of

animal life.

- (2) The present of colorigication, or that by which the proper degree of hear is maintained in the system. We derive the warmth of our bodies from the combination of certain elements in our food with the suggest of the sis—a precess which I have absenter quite fully described. For the preservation of beath and the continuation of life, it is necessary that a very nearly uniform state of beat should be maintained in the body; and so long as the longs are preserved in a necessary maintained, as to size and health, while we have a full supply of pure sie, take proper exercise, out sufficient good food, and wear appropriate clothing, this uniformity will be maintained, even though the temperature of the atmosphere about us should sisk to sixty degrees below or rise to one hundred and twenty degrees above zero. The conditions I have named are generally under our certain.
- (8.) The process of excrementation, so that by which the waste, dead, or effete matter is removed from the system. This is a function of hardly less importance than nutrition itself; and an imperfect partonness of it is one of the most fruitful secrees of discase that exists. As we have before seen, the elements of nearly every portion of the body are constantly searing seat, being their vitality, and dying. There is probably no portion of the body in which this process of deponeration is not going on, not oren excepting the boson, the mile, the lair, Acc.; although in these the change is very slow, while in the softer thouse and in the blood itself it is exceedingly rapid.

This waste matter has to be carried out of the body as seen as it dies, or it becomes the source of mischief, heing to the system and all parts of it a rank poison; and for this purpose there are provided in all parts of the body thousands of little vessels, whose daty it is to take up and carry this effets matter to some one of the great outlets and expel it-to the lowels, the skin, the kolneys, the large, &c. The exact another operated by which this wonderful process is performed in the hidden penetralia of the body, is of course beyond our ken. But we can omorive that distributed throughout errors part, in every-the minutest-intentice, in company with every filter and tions, there are infinitesimal absorbents, endowed with the instinct to select from the elements that exist about them such as have parted with their vitality, and convey them to a convenient eleks way for excretion. This may be called appropriately intentitial association, as the function by which the new and vital elements are taken up from the blood to emply the waste may be called (attentified repartifice. It will be at once seen that the perfection of this function of interstitial absorption must depend upon the vigor and activity of the absorbents engaged in it, and that of the great organ-the skin, bowels, kidners, hugs, heer, do.-into and through which these alssurbents pour their contents), and the condition of these tergons depends again, as before shown, upon causes and inflaences which we may very much control.

We have here taken a hasty glance at the three great classes of functions upon which the continuance of minual life depends, confining our view to the phanomena presented in the adult, not our bracing those which pertain to growth or Serslopment, belonging as they do to mother and distinct branch. And we are new prepared to understand both why it is that disease occurs atherwise than from violence, accident, and the reception into the system of poisons; and why the powers, vigor, and strength decline, finally full altogether, and death gasses from old age-why is is that burner life has a limited duration, resulting from its own nature and configration, From the view we have taken, it is evident that the lars which govern the phenomena of animal life are few and simple-on least that those are so which he within the scope of our observation, and which are subject to our interference, either the good or sail. It is true that beyond these there is an anoxplored realm of lows, influences, and phenomena, where these suittle forces, excited by the mysterious union of the spiritual with the material of our being, are setting in motion the Assemnion's revolutions, if I may so call in, of our regarization. But with these, as we caused know or comprehend

them, we cannot and need not interfere. They are perfect—always perfect—in their manifestation and action, resulting in the most complete harmony and health, unless violence is done by a violation of the laws which we do know. We are also prepared to understand that if the how comprehensible by as were perfectly obeyed at all times, no individual of the human race (casualty noide) need to disbefore reaching the limit of duration fixed by the unture of his organization itself. Death before this period is always the result of tiolence inflicted on the body, or discuse caused by disobedience to law. The former we may not always arold, but from the latter we may refruin when once the law is known and understood. This brings in to a most interesting question, vit.;

WHAT IS THE NATURAL LIMIT OF BURNEY LIFE?

The statistics of mortality disclose the fact that more than therefourths of the human mee slie before the age of thirty, and that the average duration of life is very small. From this fact it has come to be generally considered that the control term of human life is a short one, and that the few individuals who attain old age are comptions to a general rule-a rule established by our Creater. Is this true? Is man necessarily the short-lived creature which such a supposition would imply? Now it is undsolvedly true that the various races of animals that inhabit our earth have improved upon their original constitutions a capacity to live a certain length of time and ne longer, the term of his differing in the different races. The maural term of life in the engle, the whale, the elephant, and the tortobe, is greater than that in the horse, the dog, the cut, and the ox ; and these, in their turn, are endowed with a longer lease of life than the lascet tribes. But whatever the limit of daration of any species may be, the individuals of that species pretty miformly reach it, onless killed by casmity or interfered with by our. His man say such limit of life, and if so, what is it? I am for sayself persuaded that the human being soming into the world with a healthy constitution, who dies before he is at least one handred years ald, diex before "his time," and in consequence of violence done to his system in some way. In other words, that the human body, acting only under the laws of its constitution, and inflamend only by those external forces and elements in which it was intended immoraensly to move, has impressed upon it the capacity to orders in life more than a hundred years. This must be so, or near could attain that age. Aside from casualty and accidental discuse, what reason is there that one man should die at thirty, forty, or fifty; and another, no more volunt, with no additional faculties or powers, should live a existing? There can be none, except that the latter lives in accordance with the laws of his nature and the former does not.

We solden meet personally with a centenarian; and yet there are several thousands in our own country. It may not be uninteresting to glance at a few of those who have attained, as we are accustomed to regard it, great age.

A ERCORD OF LONGEVILL.

The American Medical Monthly for June, 1836, has the following :

"Langerity in New Mangaline —The following persons lived to one landdred and ten years of upo and apwards. Saread McGuin, of Ambover, who died in 1845, 110 years: Was Sooby, Londonderry, 1754, 110; John Collomore, Kandagoon, 1825, 110; Sanuad Walch, Econ, 1823, 112; Jonny Kounkson, Brookbild, 1840, 110; Robert Markin, Wakabild, 1787, 115; William Parkins, Newmarket, 1752, 116; Denous McNaughten, Mouhenburgh, 1831, 118; and Zachem Levell, Nashna, 120. The date of this limit Jenth we do am know. Probably he was the oldest person that over died in the State,"

The Shrenequert Democrat (Ind.) of June, 1856, says:

"An used Negrous—We have to record this week the death of probably the chilest man in Louisiant—the old black man Jan, mently known as Dr. Jan. He died on Samulay morning the 19th inst., aped one hundred and investy-four years, three manths, and twenty-free days. He was been December 24, 1781, in Fredericksharp, Va., as a slave of Capt. John Carner, who served as an officer during the Revolutionary was. Jan was the body servant of Capt. Carner and others through the whole period of the Emphatian, was well acquainted with Gen. Washington and must of the other distinguished generals of the war, and was at Yarktown and witnessed the last decisive struggle for independence."

The following is copied from a late number of the Pittelweyk (Pa.) (Neonick):

"Burth of probably the fast Prenapherois Slave.—Most of our realers, intimate with the family of Mr. Allen Bown, formerly proprietor of the Exchange Botel, now the St. Chir, and of Brown's Hotel on Smithfield-street, will recodert us ald negross who walked about the lasses as if she were its reistress, her grand and attenuated figure betckening her as belonging to ancider generation. As simply Judy Williams she was known to almost every non-her extreme at age and interesting insorbets of non-and days which have long slace proud away, readering her an object of no little lateress. Judy is dead. After a phylosomy of one hundred and five years in this "world of woe," she quietly "shuffled off this mortal coil," and to-key her retesion—what was left of her after the year and tent of a century—were con-

signed to their had resting-place, the Allegherry Constary.

— Judy was been in the vicinity of Hulladelphia in the year 1702, precisely one hundred and free pears ups. At that early day slavery exceed in Prosciplization is it does now in the South, and Judy, being a woman of color and the daughter of a slave, was brought up as such in the house of a Mr. Pressley, who resided in Philadelphia. See was subsequently old in a Mr. Steachan, a weakly man residing in the neighbarhood of that sity, and from him John Brown, father of Allen Brown, and granditation of the Bev. Mr. J. G. Brown, paster of the Associate Balormed Church on Diamond-street, beingto her in 1770. Mr. Brown then resided up a point called New Alexandra, in Huntington county, and Hillitar Judy sem taken.

* In the pase 1800, Mr. Bowen and Lie will Element removed to this county, and nock up their abode on the well-known. * Pemphis Patch Farm,* in Plans township, which Mr. II, had purchased some six years before. Pixelough had hardly an exponent then, and coronic of a few settled distribution and there, Western Permylvania was but little better than a wilderness. Judy accompanied Mr. Brown, and from that time total her death, which

took place vestering, she has remined in the Brown family.

"In 1913, Mr. Herens gave for Lee freedom. She was then active and vigorous, and continued so such 1939, when she gradually communed fulling and although her namery continued good, and all her families remained in the best order, she was incapable of physical labor since, and itself on the bounty of Mr. Allen Brown, where she had mured, and who, up to the hour of her death, treated her with the greatest attention and kindness."

A correspondent of the Louiseville (Ky.) Democrat, writing from Madison, Dec. 2d, 1855, relates the following:

If all the standards of the action of the second se

"Burid When was a man of pure good health and robust physical constitation. At the age of one lumined and five years he could now an acre a
day for a work at a time without evinting much latigue. He appeared to
have not a rik. The whole region of his lovest was shielded by a place of
mild bears and he could receive the most server and powerful blows upon it
without being hart. He frequently, for the gratification of others, suffered
them to strike him most violently in the breast without being made to feel in
the least unconstitutable. During our border wars he was taken prisoner by
the Indians, and they attempted to stalt him in the breast, but found the solidlone imperaturable. He was one of the most remarkable men that ever lived
in America. His progray were very unarrous, and he amained a green old
age. At the age of one handred and seven years, when he died, none of his
faculties of mind or body were materially impaired."

In the New York Tribuse of May 23, 1857, I find the following:

— Obbst man in America.—A correspondent of the Camellic [Ga.] Mandard says that there is now living in Murray county, Ga., on the waters of Hally Crock, a Revolutionary reteran who has misted the up of 124. His name is John Harnes. He is known throughout the region in which he lives by the appellance "Gran'sir Harnes." Gran'sir is constructed for Granisire. And a granulate by troly is. As I was on my way to visit this related the eighthernit mentary, I imprired of an aidlish man of about sixty if he know him. 10h yes, I know him, and by; the is my granulinities."

"John Blasses was been in Mockimberg county, Va., and was a led ten pears old when Washington was in his craile. He was thirty-two when Braddock met his defeat on the Mockengabela. He and several of his neighhors set forth to Join the hemberong and ablated communities; but, after several days' murch, were turned back by the nears of his asserthous. He emigrated to South Carolina resulty a bundred years ago. He was in thirtom considerable conflicts during the War of hologendence, and in shirmakes and encounters with Indians, with Torics, and with British, times beyond nearney. He was with Game at Camden, with Morgan at the Company, with Bill at Billistoro' and Ennay, and with Morgan at many a held rush late a tery many or codemit quarters."

A correspondent of the Kestnelly Statesmon gives the following skeeck of an old estion in Pulmki county, usined Eljah Deny, who is perhaps the eldest uses in Kentneky:

"He was HS years of age on the 16th of September, and is as anticular samp used of 45. He works daily upon a farm, and throughout his whole like he has been an early rise. He informed the writer that he had never drunk better one may of coffee, and that was in the year 1848. He sepred seven years in the was of the Harolatien, and was nounded at the tiege of Churchester; he was also at the single of Savannah and at the battle of Entre Springs; he was also present at the battle of Course, King's

Momentain, and Monk's Corner. He served maker Col. Horry and Col. Marica, and was an epo-witness of the orderings and death of Col. Issue Buyer of South Carolina, an early virtim of the Berolation. He is sprightly and active, and would be taken at any time to be a man of middle age. He is a strict number of the Euptiet Church, and piles six miles to every morning of his church. He has four sons and five damptions, all fixing, the oblest being now in his 25th and the yearspot in his lifet year. Such is a brief sketch of this aged millier and republican, who is perhaps the only servicing million of Feuncia Marine, Suprepor, and Henry.

From the New York Herald of a preem date:

" Death of a very ald lody.- Arming the death notices in yesterbar's Bernill may the agreementant of the decouse of Mrs. Elemon Hanna, and 112 years, for fifty years of which she had been a resident of this city. It is so soldon that this age is agained in this city, that a passing notice of this halt would not be out of place in our columns. The maiden passe of Mrs. Hanna was McEntee. She was born in the county Monoglors, Indeed in the year 1744, and came to this country in the year 1808, with her leadand Thomas Hannaron, or Hanna, for it appears there is some dispute about the ferrily mesor. The bradened died in the year 1909, since which time she has remared a widow, and enjoyed excellent health till within a few days of for death. Since the cause to this city the yellow fever has visited it twice and the choice three times. She is an old resident of the Teeth Ward, baying level there over thirty years. Mrc. Haven had seven children, eighteen grandelikken, nineteen grant-grandelikken, and several grantgreat-grand disident, the aldest of which was seven years of age at the fine of her death. Two of her own designers are still living, and are respective irely sixty and sharp-two years of age. During life Mrs. Hanna had very hith sickness, and retained her faculties unimpaired to the last."

The following list of aged persons I guther from a variety of sources:

There is now living in Juffeey, N. R., a clergy-man, Bev. Lebon Alassworth, senior paster of the Congregational Church of that place, who was been July, 1758, and who is consequently in his one hundred and third year. He is the eldest living graduate of Darmouth College.

Mrs. Elizabeth Dissumbrance, of Davidson county, Tenn., died on the 6th of March, 1867, aged 119 years and one mentil. She was the first white trouses settled in Davidson county, and was probably the obless person in the State.

Mr. Adam Donne, son., died at Parkersburg, Va., in September, 1806, at the advanced age of 102 pairs. Mr. Donne emigrated to Wood recent before the beginning of the present century, and had since been a resident there

The Selectife (fines on, N. Y.) Standard circuides the death in March, 1657, of Mr. Joseph Casey, at the prochouse in that comey, again 114 years Lewis Sunders Noble, a soldier of the Berednitten, and a trooper in Marica's legion, died on the 19th of April, in Clinch on, Georgia, at the advanced age of 104 years.

Diel, in Colchester, Delaware on, N. Y., February 20d, 1855, William Holiday, aged 104 years.

Surmed Dan died March 18th, 1855, at Pound Ralges, Westokester etc., N. Y., aged 192 years, 8 mouths, 18 days.

Died recently, near Nastrelle, Terra, Annt Phills (colored), and 111 years. Straight, over; died of old age.

Surah Canley died recently in Louissas, aged 107 years.

Died, at Manufelt. Ci., Samuel Dunkare, med 100 years and 20 days.

Died, at Chippen's township, Wayne on, Ohio, Mr. Prouse, and 194 years, a soldier of the Revolution.

Judge John Woodfall was 100 years old Jan. 7th, 1855, is good bealth.

Behenra Hill died at Ware, N. H., Nov., 1854, aged 102 years,

Ann Smith died (bet. 12th, 1854, in Berke eo., Pa., aged 100 years.

Died, in Providence, R. I., Seth Yanes, March, 1854, aged 100 years.

A lady was living at Johnsonville, N. C., Supt. 17th, 1866, aged 186 years.

Alagust 6th, 1856, died, Surah Collins, aged 108 years; was a servant to-General Washington.

Died, as Toronto, U. C., June, 1836, Sarah Long, agod 119 years: born in New Jersey.

Died, in Essen, Mass., June 15th, 1856, Rufas Copewall, aged 100 years.

East, in Philadelphia, May 30th, 1856, Elitabeth Beams, aged 164 years.

Died, in New York, April 17th, 1851, Elizabeth Scillwell, aged over 100 years, lived at 47 Howery, N. Y. city, over 58 years.

Dool, in Parkenna, Mr., Out. 25th, 1851, Mr. Peter Judkins, a Revolutionary personner, agod 103 years, 1 month, 27 days.

Died, at Columbus, Chemingo co., N. Y., Jan. 18th, 1854, in the 168d year of her age, Elizabeth Phillips.

"Such Effendi, Jester to the Sultan of Constantinople, died recently, at the salvanced age of 120 years and seven months. He held the post of buffoon tables four sultans."—Note York Yimas, Eds. 9th, 1896. Jonathus Records died on the 16th Feb., 1850, at Ruckfield, Malou, agel 105 years, a Resolutionary soldier and pioneer: ribbet man in Malou but one

William Shanahill, a soldier of the Revolution, died in Berkenwider, Ky., Jan. 27th, 1885, aged 108 years.

Died, at Richmond, S. C., Nov. 19th, 1858, Was Talked, aged 191 years and 7 weeks; been in Iroland.

Died, in Savannah, Geo., Oct. 19th, 1955, Mrs. Carborne Hitter, aged 195 years sold 8 weeks. A few years before for death her specific was fully spectored, as also her tacth, of which she lend a full set.

Ann Smith, Berks on, Pa., died Oct. 15th, 1854, aged 186 years.

John Van Housen, Jefferson en., Tenn., dard 1956, aged 121 years.

Mary Cook (roland) died in Norfolk, Va., 1850, and 120 years.

Molly Perby was living in Mason on, Ky., 1860, april 110 years.

Adelaide Sunlemus field in Mobile, Ala., in 1959, spot were 100 years.

Havid Kunisson, a Revolutionary soldier, dued at the residence of Mr. Mock. Chicago, H., Feb. Ed. 1852, aged 117 years.

There was an old man fiving in Belgrade, Hungary, October, 1832, 172 years old. He was in the possession of all his faculties, and smoked his pipe regularly. Fifty years ago he would go out lenting with his grandsons. It is not quite one hundred years ago by married a young girl of seventom, whom he serviced forty-four years.

There is now living in Possfeet, Vermont, a man named Peter Names, who has reached the great age of one handred and twenty-six years. The Mosspelier Watcheson of May 1st, 1857, says of him:

"He was in town on Mosslay last, and apparently as rigorous as most men at seventy-five or eighty. Peter is a colored man—the oldest 'citizen' of Vermont, and probably of the Union."

No, not the oldest. There is a man still older living in Wisconsin. He is called "Old Crebe," and was born in Montreal 130 years ago. His memory is distinct for a period of 127 years. He was married at New Orleans a century ago, and new resides with one of his grandchildren, who is upwards of early years old. He is still hale and heavy, and does not appear to be over seventy. These facts are given in a late number of the Madison (Wis.) Aryan.

Death of a reterm Preacher.-The English paners under date of April 1857, report the death, on the 2d of February, of the venerable Rev. G. Fletcher, at the age of our hundred and ten years. He was been on February 3d, 1747, at Clarberaf, in Nottinghamshire. From its years of age he had been brought up in the tenets of Wesleyian, and remained a member of that body till his death, He spent eighty-three years of his life in active parsents. He was at the bettle of Bunker Hill, and followed Abercrombie into Egypt, where he grised the esteem and respect of his effects. He then entered the West India Dock Company's service, where he continand thirty six years, when he retired on their bounty, -still preservlug up to within six months of his decease that astonishing activity of mind and body for which he was so-remarkable, often travelling great distances by milroad, and pursuing his haly calling, preaching two or three times a day, regardless of personal inconvenience, for the objects of charity and benevolence.

The censes of 1810 shows us that the oldest person then firing in
the United States was 140. This was an Indian woman residing in
North Corolina. In the same State was an Indian aged 125; a negro woman, 111; two black shows, 110 meh; one malatto, male,
129; and several white males and females from 196 to 114. In the
parish of Lathyette, Lu., was a female, black, aged 120. In several
of the States were found persons, white and black, aged from 110 to
115. There were in the United States, in 1830, two thousand five
hundred and fifty-five persons over one hundred years. This shows
that about one person in nine thousand will be likely to live to that
age. Forty-seven persons died in the United States during the year
1856, over one hundred years old. Of these one was 138, one 140,
and one 146.

This comms shows that in 1850 there were living in the United States 11,025 persons between alsety and one hundred years old, and, as stated above, 2553 upwards of one hundred years—the number of whom, of each class, residing in the several States and in the territories, is exhibited in the following table:

Number of Persons living in the several States and in the Territorries, in 1830, between 90 and 100 and over 100 years of age.

Sans	Wash more last	Dir and special	Rades.	No and money has	tim and specials
Alabama	292	186	New Homeshire.	864	31
Arkantin	89 8 30	254	New Jones	W. 1	34
Caldigle, and and	8	- 4	Sev. Ferkinson	2159	NAME OF STREET
Columbia (District)	-20	7.4	Such Carolina	727	20
Connectioning	14	3 3	Olike and the Control of the Control	516 936	24
Delewate	134	3.	Penning Number of the	-3628	TA
Timil announ	5.0		Rhote Island	24	2
Georgianismini	500	591	Bookh Cappingson	94 544 672	214
Milest morning	1119	-19	Tenures	673	249
DESCRIPTION OF THE PARTY.	100 100 100 100 100	32	Tetal	42 550	15
Bown account of the last	- 64	1	Vermont control		12.0
Kentheky.	255	3/2	Vitgatia	5112	089
Company of the same of the sam	\$5.5 \$50	224	Water and the second	18	12
Make and the second	883	-33	Minimum Terren	2.	200
Marrisol	147	ATL	New Menter 16	10	10.
Married and a control	61.6	19	Origina at	- 3	110
Minkigan expression	42	1.7	This	000	
Missim ppicorous	\$10	140		And in case	7 44
Missert	345	40.	Tenli	13,495	2/166

Here is presented a sufficient number of examples of great longreity, though small in comparison with our whole population, to convince us that the notice of term of lemma life is very far buyond its actual average or ordinary duration. Then what a race of marderers and spicifics are we!

MAY LONGEVILY BE PROMOTED, AND THE VISION OF YOUTH EXTEND-NO CATO AGE, AND HOW?

More interesting questions one scarcely be proposaled. What would we not give for immortal youth; and what pilgrimages would we not make, what daugers, privations, and exposures would we not brave, to be enabled really to drink of the fields fountain whose waters we are told confer it? How many a pang is caused by the first tokens which visit us that we have reached the summit of life's read, and must commence our descent! And as time begins to sprinkle his frost on our heads, tally the years in untakles on our brown, and wither the strength of our frames, how we fight against the fact that we are processed old? Many, there may be, who, as sared of a "good estate beyond the grave," can treatfully say, "I would not live alway;" but there are none who do not desire builth, strength, beauty, and vigor while they do live.

We cannot indeed stay the progress of time. We must grow old.

Nor can we ascert the natural influences of time upon our frame.

There will be written on our faces the traces of its flight so truly
that they become an almost unorway disk, indicating at a glance the
years we have numbered. But while this is true, it is also true that
if we were to live perfectly in accordance with the laws of our besay, we might (enumity excepted) not movely reach frameous and
ten, but a century; and retain for larger than we do the bloom and
the strength of youth and manure age.

From when I have said in the preceding pages it is stear that the cause of the fallure of the powers, of the wrinkling of the skin, the shrinking of the flesh, and the involening of the tissues, which occur from oge, are the result of a decline in the activity with which the fractions of matrition and exerction are carried on. If these functions could be maintained in equal perfection at all periods of life; if time and the use of the body wrought no change in them; then our powers would never ful, and our life would be one of perpetual. wouth. But it is a law of our frames that, after they have reached their full growth and development, with each encreasive clampo in the process of nutrition and excretion, the formative power in the elements of our budies, and the organising vitality of the living tissues themselves, must in a degree decline. The reparation of the hody goes on less and less actively, the dead or effets matter is more and more slowly carried off, and the organized tissues loss and less middly exchange their wormont particles for new and more highly ritalized elements. All the aliment received into the system is therefore retained and used in it longer and longer the older we grow. The interstitual absorption and exerction become gradually less and less active.

The affice portions of the bones are not removed perfectly, and gradually they become brittle. The muscles of the old man grow rigid and stiff, and mable to sustain the resistance which they once could. Those of the back, which preserved his figure straight and erect, now yield; he stroops forward from the weight of the shoulders and chest, and weeks support from his case. The muscles of his legs, that once here him active as the reclurk, now just suffice to convey him tottering around his teem. The muscles are now made up of elements that have been long med reconceptently, their strength, clasticity, and contractility, are diminished. The polasticus of the heart become sharer; the communion of the blood is slow and the heart cannot thoroughly play, because it is filled with the ashes of decay. Indeed, all the organs of the body are impeded and excumhered. The eye, degenerated in its correlation, admits only faint slandows—its images are posely defined—the sight is superfect; the having becomes obtase—the vibrations of the air strike upon parts which once trembled to the slightest breath, but now are rigid and inscrable, answered perhaps by the rear of the thender or of the cannon; they cannot respond to the vibration of the snowing sit ar convey sound to the brain. These remarks hold good with reference to all the scoon—smell, torois, taste, dec.

The advance of age is shown more clearly than maywhere else, perhaps, in the decline in the capillary circulation, or seen in the shrinelling and wrinkling of the skin covering the flow.

In some instances the face, in the multiplicity of its writikles and the depth of its shrinkage, but the appearance of an apple long dried in the sate. The cause of this change is a want of active circulation of the blood and the finide of the body in the empilaries. For want of activity and vitality in them they become obstructed more or less, and the fine capillary circulation distributes your by year, antil all the beautiful mosts of blood-accords that enemy the face and allow the color to go and come with every tarying emotion, became nearly obliterated; and also became intentitial absorption declines in all these localities, the circulation of blood becomes more and more limited and restricted, and the process of reparation is less perfectly accomplished.

We have seen that the continuous of the and health depends upon the action of the intersticial absorbents, the expillary reasols, and the organs of untrition and exerction, which carry subsistence and vitality to the minutest portions of the system, internal and external, thus preserving the color, planspasses, softness, and delicacy of every part, and removing all the effect on assists portions of the fibres of each organ. So long as these wonderful precesses of sacretion and reparation go on uninterrupted, it is not possible that there should be any other condition than that of perfect health. If they are in any degree interrupted, it is as impossible that discoss can be avoided. If the interruption is slight and temperary, so only be the discuss; but just in proportion to the decangement of these functions will there be a departure from health. We have seen also wint are the principal laws which govern and control these functions.

It is generally a condition of health and langevery, that the action of the forces of the system shall be in harmony with each other; that the organs of the hody shall be developed openly and in harmony, as enture requires; and after the body is fully grown, that no one organ shall be exceeded in excess so us to weaker it, and, in proportion to its importance, weaken the whole system.

Such are the phenomena which take place, in the progress of time, in the system, under the operation of natural laws. If so, it is easily seen that any influence or came which tends to impair the functions described, must produce derangement and shorten life; and that all departure from correct living must hasten the decay and decoupting of age. It is also close that, by correct living in all respects, disease might be abused entirely avoided, and life, with its pristing arength and vigor, greatly prolonged.

SEGURSTRONS ON THE MODE OF PERSONNELS BRALTH AND ATTACHES ONLY AGE.

Akknigh I have beretofore quite fully indicated the means of preserving health, I will here group them together, even at the hazard of repetition. From their importance, they cannot, in fact, be too often repeated.

- (1.) As the great source of vigor and vitality—that through which all the power of the system is derived—the lungs should always have our first care. They should be, as they may be, kept large and strong, the figure sweet, the shoulders thrown back off from the chest, and the chest well expanded. No person can have robust health or allain a great ege, with small, feeble lungs. The thing is an impossibility. As well expect a large stream to flow from a diministive fountsin. It is in the lungs that the natritions elements receive the vitality by which they have the capacity to be received into the system in the process of matrixion, and built up into living tissue. It is through the lungs that much of the debeix and waste of the system is expected. It is by the agency of the lungs that the bear of the system is produced. We must have, therefore, large, sound lungs if we would have good health and long life.
 - (2.) Perfect negrition is essential. In order to this, the process of

digostion must be completely and perfectly accomplished. To secure this result, we must have proper food, of a good, wholesome, natustions character; which must be taken in sufficient, suffact too great, quantities, and at regular intervals. All deleterious articles of diet, and all irregularities in cliet, must be avoided, and all excesses refrained from. The correct rules of diet are given in a former chapter. They must be observed; and they can be observed, if there is a will to do so.

- (5.) Active bodily exceeds must be practised more or less daily; without it health and vigor for a long life are impossible. Actionactivity, use, employment-is a law of animal life. I would here pemark that it is always injudicious and dangerous for persons over fifty yours of age to lowe off their accustomed employments, or to attempt others with which they are not fimiliar; but let the maxim out be forgotten, that "it is better to wear out than to rust out." The wear of the system in exertion and labor, if not too great, is far less injurious than the rust of it in laxury and indolones. Many men, having been successful in their pursuits and necessibled a feetime, retire from the bardons of business, thinking to enjoy themselves in the absence of care, and realize on Elyslam in rest and in the luvuries which their industry has procured. But they soon learn their foreful mistake; their minds become a prey to sussi, and often to the most distressing depression, urising from the necessity of occupation, which the system at all times requires. Man or waman, possessing any vital energy at all, cannot possibly undare idlaness and indelence with impunity; for under these circumstances, thus deprived of their natural stimulus, they almost always sink into untimely graves. I would say to all-action! action! and let the efforts of life and the motives to effort be always as fresh and strong as in the morning of life. Roust winth energetically. Still, as there is a limit to our strength, so there is a limit beyond which we cannot go in exercise—too long, protracted, and exhausing labor and fatigue, which reduce the sital forces, should be around. So should exhausting and excessive infulgences of all kinds.
- (4.) Great attention should be paid to the habitual condition of the argum of exerction—the howels, the kidneys, the skin, do.—particularly the bowels and skin. These are the shrice-ways of the dederis of the system. Health must desine, and the natural effects of time on the body be exaggerated, if these lose any thing of their ac-

tivity or become torpid. Constipution and all tendency to it should be arrested at once; and the skin should at all times, by bathing, ablations, frictions, &c., be kept elem, pure, and active.

If these simple rules were university regarded, the average of huness life would be greatly increased, and most of us would as certainly attain old age, accidental violence aside, as a steam-argine runs until it ceases from the natural wear of the parts. By these means the natrition of the body would be perfect, the waste matter would be completely and continually removed, the beath-giving life-currents would bear to every part the elements of continual reparation, the capillary circulation would be actively maintained, and thus the unsoftiness, fainess, softness, and bloom of the skin—the clusticity and vigor of the muscles, and the strength of the bease would be preserved. We should have a long life of health and pleasure, and fall at last into the kindly embrace of death, without disease and without pain.

A PURPOSE IN LIVE SECESARRY TO LONGEVITY.

It is messary to the artisity and endamage of both mental and bedily efforts and strength, that life should have a purpose every day. What are called "castles in the air" are not always to be condemand; not if, while the imagination pictures the possible, we purpose to make her pictures realities. Purposes, and large purposes, in life are necessary to develop the highest powers and accomplish the greatest achievements, whether mentally or physically. Without a purpose or object in Efe, men and women become tired of it; life becomes a barden, and they are carebos of its presentation, Even in advanced age a definite object for action is most valuable to us, and most measury to the preservation of life. Even a trifling motive is better than none at all; while the highest is necessary to develop the uncost expacity in man, and will often stimulate to great effect, and the exhibition of great energy, at periods long past the ago when most men retire from action, and as a consequence often first a comparatively early grave. One hour of active exercise for some media object as worth three hours of exercise without may object but more health or partime. For this reason I strongly argo the sick, who would recover their health, the weak, who would regain their strength, and those who perceive the approaches of age, to seek useful, agreeable, and health-giving employmentssuch as occupy both mind and body-and set before themselves a distinct and definite object.

The injurious effects of a want of stimulus to action are actical daily in thousands of individuals of all classes, professions, and emplayments-merchants, hwyers, physicians, clergymen, statemen, literary men, artisms, famous, laborers, &c. When any of these lay aside their nunor in which they have nobleved their highest triumplie in the great buttle of life, and conclude they will work to more, it is often, I may say usually, the case that, from indolence and bethargy, and the absence of this stimulus no action, a rapid deeps both of mind and body soon takes place. The consciousness that they are useless has a most depressing effect, and tends to shorter life. In all the professions and employments, the men who continue in advanced age actively engaged are most likely to rotain their health, strength, and vigor. Notice, for example, such men as Dr. Valentine Mott, Washington Irving, Lord Palmerston, and Hunholds, now at an age when most men are found withdrawn from the active pursuits and responsibilities of life," still pursuing, still orkies. ing" their high purposes with all the enthusiasm, and nearly all the vigor of the days of their greatest strength and physical energy. In fact, they exhibit but little evidence of physical, and none of mental decline. What a contrast between each men and those from when all incentives to activity are removed! Look at the seems presented in the English poorhouses-as extreme case I admit, but one that illustrates the principle. Here the innutes, and particularly the agod. are deprived of all motives to live. Husbands and wives are square ted; there is no convenation with old friends, and no indaigence in accostomed habits, not even the holistual pipe, which might occurs and solves the heavy hours; and, as might be expected, it is a fact of universal remark how rapidly these persons pass into a state of indeedlity, both of body and mind-a sort of woulddoor, and won die. They often sit all day in perfect listlesaness without speaking and searcely moving-a striking example of what all may become by indelence and want of purpose in life,

SHEN ALL VICE AND COLUMNATE THE VICTORS OF THE WOLLD HAVE

There is a most remarkable coincidence between the laws of life as impressed on our physical, moral, and mental constitutions, and the moral laws of God as revealed in the surred Serigtures. All the virus, without any exception, are injurious to life and can short the days of many while all the virtues are favorable to his longevity. The virtuous and pure and hely in heart and life, the just and the good, are, by the practice of their virtues, rewarded by " length of days," as well as by "ways of pleasantness," The declaration of the secred writer that the wicked shall not live cut half their days, is a truth founded in the nature of things. They yields the laws of their being, and in doing so they break down the structure of their frames and the powers of their constitution, so that life cannot go on, and they must necessarily die at an early period. Some there are whose constitutions are naturally very feelile and frail, and this often, very often, from the vices of their merstors. Thus are the sins of the father visited upon the children; yet with these fruil constitutions and foolde frames much, very much, may be done to restors the individual to what his father lost, to bring back a medium constitution, and to transmit a good one to his children.

Indeed, the true law of God are the true hors of life; and the infringement of these laws, under my escumstances, will eventilete to shorten life. Whist the constitution with which one is endowed may carry him, in the practice of virtue, to our hundred years, his vices will cut him off at half that period. It is a fact, confirmed by every day's observation, that the vices always conflict with human life, filling mus with disease, which often extends to his posterity; while the virtues, incalcated in stered writ, are perfectly barmonious with his whole being, and calculated to bestow health and hoppiness upon Idm continually, insuring this Ucessing to all his posterity, if that too obey the same laws; In firing on, his "hours fall of marrow and his fiesh full of any," until by the most improveptible degrees, the coward to the end of his century, he firsts the approach of age and the decline of his powers; and is at longth, quietly and gently, gathered to his fithers, a morrowest and illustration of the burnomy of the perfect laws of God. I do not mean here by the expression "perfect laws of God" these spurious interpretations which have been and are sometimes made by man for solfish purposes. Let every one carefully investigate for binnell, and study to know what are the true laws of God as applied to man's conduct, and learn to separate them from the false interpretations of misquided or wicked men-

Every individual, whether male or female, after arriving to the years of accountability, has his or her own secret history; and it is from the secret actions of their lives that most of the good and most of the evil of their existence flow. The tree, rooted down in the earth, derives its natriment from the soil; the down said the darkness the little rootlets, so fine as scarcely to be noticed, imblue the nourishment and the juices which, carried upward, develon support, and sustain it. Let these rootlets be weakened or diseased, or let them struggle in an ungonial soil, and then what might otherwise have been a mighty oak becomes a stinted and withered thing, shorn of its beauty, presenting no unbrageous falings, producing no fruit for more or beast. So it is with the human being. Every declared greatness, every manifest usefulness all the influences that tend to the continuance of our lives, are develgood and sustained by those individual actions which spring from the deep and hilder recesses of the mind, unscanned by prortal eyes, unknown but to us and to our God. Here in these elect chambers of the soul are plotted by the wicked deeds of still and machinations of crime, which bring forth not health and prosperity, but inevitable destruction. Here also the good and the just comname with themselves and their God, devise their schemes of industry, mefilness, benevolence, and goodness, which, like pure crystal waters, flow forth to refresh and sustain all around them; and, becoming rethern, purify and heastify the soul of the giver, contribating necessarily to his personal happiness and the continuous of his days. Thus I would exhort every person who desires length of days, to study marsfully the emotions of his own heart and the secret aspirations of his soul-to profit by the examples of the good, and tremure the teachings of the wise,

CHAPTER XXXII.

MEDICINE:

ITS MINKHOW.

Murcourn has a beautiful, a hereficent mission; and when not thwarted by ignormore or projective, her mission is always nobly accomplished. She comes to the overry sufferer with the promise of relief from pain, and to the dying with a new lease of life. She brings light and gladness to the dwary glosso of the sick-chamber, and whispers assurance that the hand which threatens to tear from the subtrace of affection its idel, shall be put uside. She comes forth from the basons of nature radiant with mercy, and inferred with healing transverse gathered in western wilds, in orient clines, on India's plains, in God's Informatory, the commissioned for of discuss and mediator with death. Where she bestows her gifts,

> " On the said most of death, so the and some an blending, And imany [and strength are presented] from the treat."

If the reader is inclined to smile at this as the over-wrought language of shapeady, I might ask him to purdon something to the enthminum naturally as aboved by daily witnessing for years the beautiful, bloomal results of smallerine correctly employed—the pain and suffering removed; the broken and shattered constitutions repaired and reinfused with strength and vigor; discuss, obtimate, torturing, protracted, that had crushed out all hope of relief, as rested and curset, and thousands of gasping victims rescued from the very jaws of death. But I need not do so. It is not rhapsady, but "the language of troth and soterness." The real value of true medical remodies, and of the skill that can properly employ them, cannot be over-stated. They are as priceless as human happaness and burnon life.

PREPUBLIC AGAINST MERCUNE ENFOCMBER.

I am aware that in the mirch of mony persons there are anpleasant associations and improsions connected with nucliciae. But these spring from its abuse-the errors, the false philosophy, and the mutabon practice of those who administer it; from the unnecessary fortuning, the sickness, the names, the prostration lightend by the physician, upon the wretched plan too often adopted of "making the patient waves before he is made better." Not a few have received I am merry to say, for the opinion very generally held that mulicious are injurious-that they care one disease by ereating another, when they care at all-that they should be should as an exit and resorted to only when life is imminently throusued, No doubt immores injury is often inflicted by what is administered as mediane. But this, I say again, is the obose of medicine. Such a result need not be experienced. Patients need not and should not be made sick before they are made well. I speak more particularly now of those afflicted with checoic disease. In some cases of coate disease, a slight and temporary aggravation of implement symptoms may, it is true, become necessary, as in the administration of emetics, for instance. But as an almost unor enal rule, the ingress-lidisconfect often in a seed by medical treatment is unnecessary and really injurious. In the cornect employment of medicine, the nim should be to refere pain and suffering at once; to build up the strength, not to reduce it; to soothe and comfort the patient, and not to torture him. So, too, no remedies or combinations of symedies need over he used, or should ever be used, that by any possibility can themselves infirst legary.

VEGETATUR, AND NOT WINERAL RESIDERS SHOULD BE THEN.

There is a vest variety of remodies that are possibly congested to the humon system, or may be rendered so by art, being at the same time fees to disease. Nearly all of these of any permanent value are not formed by inertal hand; they are found in natural laboratory—the regetable world. Mineral medicines, the produces of art, are usually injurious to the system; and if in any manner long continued they will percade its whole extent, and the vital forces may not have power to throw them off. The compounds of mercury, copper, lend, silver, &c., if much employed will permente the whole body, becoming permanently fixed in, and injurious to it; whilst nearly all remedies from the vegetable kingdom have but a transient influence, and never accommints in the system so as to remain these during life. The regetable remedies, when judiciously employed, mover leave as injurious impression upon the system, because they will leave the system after the occasion for their use has passed. Not so with mineral medicines; they may be employed, and the object for which they were given may possibly be attained, and yet the patient may become as invalid through the injurious effects of their presence in his system. The discuss for which they were given may be cured; but the mineral remaining greates a discuss of hoelf, oftentianes ten times more injurious than the one for which it was given.

There are some vegetable medicines which may, it is true, by long and continued use, produce a lastingly deleterious effect upon the system—such as opinic (and telesco perhaps in some individuals): other vegetable narcoites might be mentioned whose injudicious and long-continued and nanecessary as has been productive of mischief, and which may be the cause of a permanently injurious effect upon the human constitution. But such as calcibition of these agents is never accessary.

I do not know of any disease which may not be cared, if curable by my means, without the use of mineral remedies; although in some rare mass, and for the sole of a more speedy action, they may continuely be used with advantage. But remedies exist in the orgctable world, as a general rule, sufficient to counteract all possible disease when the proper one is given at the proper time in the proper quantity and in the proper manner, so for m it is possible to counteract it at all. There is a time in the history of every dissense when remedies may be employed too late, when the vital forces have yielded, and nothing our resonante them; but who shall determine this period? In some instances remedies fall in the hands of one physician, when another more skillful can be called much later, and the putient be saved. 514 MERCENE.

THERE IS HOPE WHILE THERE IS LIFE.

Where the changes of the organic structure are slight, although the vital powers are greatly reduced by fever or by inflammation, or from exhausting discharges, the putient may senetimes be saved even when almost in the same of death itself. It is then that the true physician, the serial in medicine, by the accuracy of his prescriptions, may vindicate its chims to our utmost confidence and tomage. Very fow physicians possess this power in all discuss; some will exect in treating one disease, some in another; and, therefore, it belowes every intelligent man to make himself acquainted with the powers and canabilities of all medical advisers within his reach, so that in the day of peril he may find the assistance he requires, if not in our physician, then in muthor; there being no fault in the capabilities of remolies themselves, to want of efficiency. There may be, too, no deficiency in the vitality of the patient, that he carnot be cared; only requiring the physician who knows the right remedy, and how to admissions it correctly. I will mention a few instances to illustrate what I mean.

EXAMPLES SHOWING THE PALUE OF THEIR RESIDIES.

In the Ottlober of 1854, on a Sunday afternoon, two gentlemen called on me from Rahmay, New Jersey, and stated to me the cordition of their brother. He had been sick for several works with bilious fever, and when they left it was found that he was dying. He was attended by two very respectable physicians, one of whom was a character of mine in a medical college in Philadolphia. In telligent and experienced they both were.

On returning to their brother he was still alive, but mable to move or speak. He only breathed and occusionally moved his eyelids. A cold perspiration peaced from him, directing him alwest as if water had been poured over the surface of his body. His dissiste second so certainly faral and his condition so utterly hopeless, that even proparations were made to by him out. His wife, overcome by these weeks marring and nightly watching, took leave of him, and retired to her chamber. His physicians had alumdoned all offert and all hope for his recovery. His brother and sleter them administered the remedies that I directed, and the next attending, when his wife came down from her room, he was able to converse with her, and soon entirely recovered.

In January, 1945, I sport a few days in New London, Coan. On one cold morning a physicism called on ms, stating the case of a patient then lying very dangerously ill from inflammation of the large. The doctor informed me that he slid not expect to find him naive an his return, but at the current solicitations of his family he had come to me.

I gare him the remedies I thought suitable, and said to him that if on his return be found his patient alice, he might be sure this medicine would mise him up. When he arrived at the patient's house he was informed that he was dead. After staying a few moments at the fire to warm himself and to restore the circulation to his benumbed tingers, a person come from the sick-chamber saying that the patient had revived. The doctor immediately gave the remedies as I directed, and the sick man recovered, and has since visited me in New York.

I will mention another case which shows both the value of counsel and the obstinary of prejudice.

About forty years ago a brigadier-general of the State Militia of New York-a gentleman of the old school, between fifty and sixty years of age-a large fleshy man, of full habits, was taken very ifwith searlet fever, and in a short time was pronounced entirely incomble by his attending physicisms. This intelligence was commumented to him. He was a man of great energy, was wealthy, and had an extensive household. He immediately summened his men hefere him, and directed them to call every physician resident within fourteen miles of his house; and soon there assembled rather a medical convention than a consultation, for a very large number of physiciam gathered. All, after a careful examination of his case, prononneed it atterly hepoleus, except one; the proposed a charge of treatment, and held out a hope of cure. In answer to what this treatment would be, he said he would wrap up the burning general in sheets wet with cold water, and ofterwards pour cold water over him, and in this way bring on excessive perspiration, reduce the fever, and possibly save his life. Without one dissenting voice, all the other physicisms declared that when the first drop of water went on

to him his cost would go out of him. Notwithstanding this, he mamissed his other medical attendants and benvely adopted the coldwater treatment. As the cold water was poured upon him, the hot steam rose to the coiling, but the officient of his spirit was too refined to go out with it, and therefore remained within him. Eight days afterwards the brave general rode at the head of his brigade at the amount review—his health apparently as good as ever. Water may, no doubt, often be employed as a modical research, both in acute and thronic discusses, with the most beneficial results. So, too, as the above case illustrates, many persons are undoubtedly given up to die, and do die, when they might be sured if their energies were roused and if proper remedies were employed.

There are many true medical remedies which are not drugowhich are neither mineral nor regutable; for example—scater, as in the above case; also

CHANGE OF ALL AND STREAMS.

Change of air and residence often becomes a great remedy. I have known, in many instances, nothing outliefy cured by change of residence. There are many pursons laboring under chronic diasrhou-residents of hos climates or of low marshy districts, or of penirie plains, as in many of our Western States, where the water is had, where there is a great deal of mentoric or ague and force polaon in the air, by which the liver become discused, and thus a chronic diarrhon is produced, or other senious disease established. These persons will find that often a change of climate, of the air they beathe and the water they drink, will be productive of the greatest benefit, and frequently of a perfect cure. Persons living in many parts of the Southern States, and especially in the Western States, by visiting mountainous districts, as found in Pennsylvania, New York, or in the New England States, often find themselves restored to health, or greatly improved, after a few mouths residence there. Again, invalids have frequently derived immense benefit from visiting the sea-shoresaloying the sexuir and scalenting, &c.; and often those living in montainous districts and on the sea-coasts, find themsolves benefixed by a residence in the Western, and sometimes in some parts of the Southern States. Oftentimes a voyage to Europe is attended by the happiest results; whilst many invalids of England, France, and

Germany, derive great beauth from visiting and residing in this country. Change of six, of water, of residence, of seems, of society, is not unfrequently a great medical remody (if I may be allowed the expression), and productive of lasting benefits to the totals! In all these cases it is important, however, for the poilest to obtain the advice of an imelligent physician, who is able to direct in the closes of the best localities and the districts best mitted to his particular condition. I would certainly advise, whenever practicable, consultation with each a physician for this purpose.

In cases of districts of interts and children, usually known as summer complaints, the most happy benefits are often obtained by taking them to the seasone in the summer, and keeping them for weeks under the influence of the season. Butthis way they are sometimes fully rentored, even from apparently the most hopeices conditions. Yet it is better to go before the patient is much prestrated.

TWO MEET CLASSES OF REMEDEES.

There are two great states of disease, acute and chronic, requiring, the one active treatment, while the other is not so argent in its calls for lishs. Adapted to these are the two great clauses of remoles those which may relieve temporary and argent symptoms, and time calculated for more continued and has pressing symptoms. Among the former is bloodletting, sweating, vanisting, parging, powerful astringents, stimulants, solutives, and reducing medicines, which may be demanded, and which, in the hands of the shiftsl and intelligent physician, may be employed with the most solutary and handeds effects.

All discress, as I have before said, are produced enter by peison in the blood or loss of symmetry in the individual. This law of symmetry may be extended to the irregular circulation of the blood, which is shown in the symptoms of cold first, painful throbbing in the bend—from the rush of blood to it—short breathing, and oppression and polpitation of the beart. In this state it becomes the duty of the physician to equal to the circulation of the blood or to restore the symmetry of its distribution. He may also, by proper remedies, restore symmetry to the firm, erect the stooping, make the creoked straight, expand the contracted class, and autuan the falling bowels. The remedies for these last purposes must of course be mechanical,

518 MEDICINE,

and are now well known and extensively employed under the names of shoulder-branes, abdominal supporters, &c.

THE POSSONS OF THE BLOOD DUNAND ANTIBOTES.

Homors in the blood, which constitute the greatest cause of disease, require medicines which will according the poison, whetever it may be. All skin diseases of every description, including cancer, goites, ric.-all, without my acception-arise from poison in the blood; so also flore small-pox, chicken-pox, mendes, whooping-courts, searlet fever, and many others, some of which are transient and som run their course-others are more permanent in their character. The physician should always have at his command specifies that shall neatralize them poisons, or obvinte their effects if allowed to remain in the system; and he may be assured, by properly investigating this subject, that there is a vast number of medicines that act especially by neutralizing poison in the blood, and thus caring disease that could not otherwise be cared. There is, no doubt, a great variety of these poisons, and a yest many modifications and complications of them; and consequently one remely will relieve one patient, a combination of remedies will relieve another, and a variety of remedies will relieve a third. But a most happy end is gained when the proper specific is discovered for the patient's discuse,

I once knew of a buly, afflicted by concer in the breast, who kept this terrible enemy at buy, and prevented any progress or increase of it, for ferry years, by taking every day eight or ten grains of the extract of hundred, coming conventions.

REMODULA COMPUNCATION WITH HUMOR.

Serofida or king's will is a discuss which is not supposed to arise from my humor in the blood, or from loss of symmetry; but from a deficiency in the vital forces, or constitutional powers of the system, by which the blood is not sufficiently vitalized, nor is it artively or equally circulated; hence its less vital materials are deposited in humps about the nock and other external parts, and in the form of toberedes on the brain, image, lowels, etc. This low vitality of the system is often seen in the death of certain parts, as portions of the bones, etc., that mortify and come away by extensive and oftentimes long-continued alcountion.

Terrible diseases take place where scrofula or king's exil became complicated with a humor, as with soft-shoun, totter, etc. Terrible alcers, white ascellings, diseases of the bones, joints, etc., often characterized by immense formations of pus, abscesses, etc., result from a union of king's evil and salt-sheam. Palmonary communition, in a large proportion of cases, results from a union of scrofish and a humor which settle on the lungs. Still, scrofish or true king's sett, in nearly all its forms of development, is comble by appropriate remedies; and remedies capable of caring this disease do exist and are known.

PERSONALISES OF DESIGNATION.

There is mother great class of remedies which may be called presentises, the purposes of which are to reinforce the vital powers of the system, keeping them firm and strong, preserving the purity of the blood and the symmetry of the person, so that the causes of disease may be arrested and their offices prevented; thus combling a person to pass on in the enjoyment of good health for many years, even to old age, without ever laving developed these diseases of which by hirth he is the inheritor.

SURGERY AND MEDICINE.

I would say one word here in order that the reader may comprelend the difference between the surgeon and the physician.

In the office of the surgeon are comprehended operations for the repair of injuries, the change of position, or removal of injuried or discussed parts. For example, if a joint is discounted, it is the office of the surgeon to restore it to its place. If there is a tumor which threatens life or health, it must be removed. Has the potient an external about? It is the surgeon's office to cleanse it and apply plasters and make other local applications. Thus the position are physician to introduce constitutional remodes into the system, in any form which he pleases, by which the file and the power of the system will be elevated and sustained, so that the uter may heal, and the patient recover his health. Surgery is the application of remodes to botal diseases; molicine is the employment of remodies for

constitutional diseases. Have you a sore threat? You perhaps apply aiterate of eliver or make some other local application. But it is ten chances to one you will not cure the affection by these means; for the reason that it is a constitutional disorder, resulting from polson in the blood, which develops a true skin disease in the throat; and you must use proper antidotes to neutralize this poison, or you will not effect a cure. Now, the suployment of these antidoxes, through the general eleculation, is the office of the physicism; while the office of the surgeon is to make the local applications. So, in the east of those constitutional affections which make their appearmore externally in the character of skin discuss, whether in the form of pentities, pimples, blisters, sculy emptions, blotches, alones, some, or otherwise, we usually find the physicism's and surgeon's daties united-both local applications and constitutional remotion usually being necessary. Local remedies will not cure them; often, indeed, they are not required at all. Constitutional treatment is always indispensable to a complete eradication of the disease from the system,

It is very unfortunate for a person suffering with any of these affections, to full into the hands of the more energeon—one who discovers in his patient only local disorder, who despises conditutional remedies, and knows nothing of antidotes to the poisons which came the discover-one who trusts wholly to the knife or to counties, and who, when he has employed them, is smalle to manage the case in hand by the sustaining, resuperative, and purifying agency of general remedies, so us to effect a case. I must add, that there are too many thus unfortunately tented.

These remarks are partiago better illustrated in the French hospitals than anywhere clost. Here we find excellent surgeons, but poor physicians. The most difficult operations are performed with great skill, and then the patient is left to die for want of medical remedies adapted to restore the nervous system from the shock caused by the surgical operation, and to bring the patient hank to health. After the knife has been used, the sufferer is too often left, as they say, to some for a cure. Louis Philippe directed at one time that all the operations performed in the hospitals, with their results, should be antenued through the newspapers, and the remus of the surgeons given. The consequence was that the doubt from surgical operations diminished one-half in less than two months; as the notoriety of fatal results alarmed the surgeons sufficiently to induce them to outploy

more freely remedies and cumtives to restore their patients, then before had been the practice.

While the surgeon and the physician are thus seen to have distinct and independent duties, it is most unfortunate that they are not more generally united in one and the same person. Indeed, no one in prepared to practice surgery who is not as well master of the healing art, through the instrumentality of medicinal remedies, as of the surgeon's laife. It is even more important to the surgeon that he have terminal of the materies medico, than it is to the physician that he can skilfully lamille the knife. The surgeon's services would be less firepently needed if the powers and capabilities of seedicine were better understood and more thoroughly condeped; as many discuss which it is now generally supposed can be constonly by painful surgical operations, would be found perfectly amenable to medical remedies.

I have spoken with correstness, and frequently, in the course of this work, of the irentimable value of moderine—of true curative remedies—in amelicaning the sufferings, in aluting the sicknesses, in arresting the diseases, and prolonging the lives of our race. But I have not spoken too carnestly nor too frequently. There is virtue and power and mighty efficacy in the remedial agents which God has given us. It needs but the patient research, the faithful, honest purpose, the bindly, sympathining spirit, and the disciplined skill of the true physician, to make their virtue, power, and efficacy available in bealing the sick and preserving life.

MEDICAL SECTION

I am aware that, even in the ranks of our profession, there are skepties as to the value of medicines. But this subsidief is the offspring of disappointment, which has come to them from their errors, their false systems, and their mistaken use of medicinal agents. The root of their infidelity is in themselves, not in the art they practice or the agencies at their command. Says a philosophic physician—Cabasis— "In order to study and practice medicine in a proper manner, it is necessary to be impressed with its importance; and to be so impressed, we must believe in it." Here is the true base of medical character and success. If there were more of this heartfelt faith

in medicine among physicians, there would be more confidence among the pecule, because there would be more success in practice. But I live in the anticipation that a brighter day will dawn. I believe it will come. A glowing vision of hearty, of benevolence, of medichess, and of toppiness, rises on my view as I contemplate the grand and noble powers of largicule and medical remedies applied to the prevention and cure of human disease. And I indulge the fool hope that, one many years, the unbapty and almost anomsing differences among medical men will be healed; when private jeologues, personal interests, envious competitions, and all uncharitable feelings, will pass away from the medical profession; and when, stricing as a hand of brothers in the great and noble and philambropic work of developing to the atmost, and worthily applying, the priceless resources in their bands, each one shall walk forth, dignified by his profession, elevated by his learning, and ennobled by his virtuesproved in the consciousness of his usefulness, and in the greatness and baliness of his mission.

THE ROLL

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